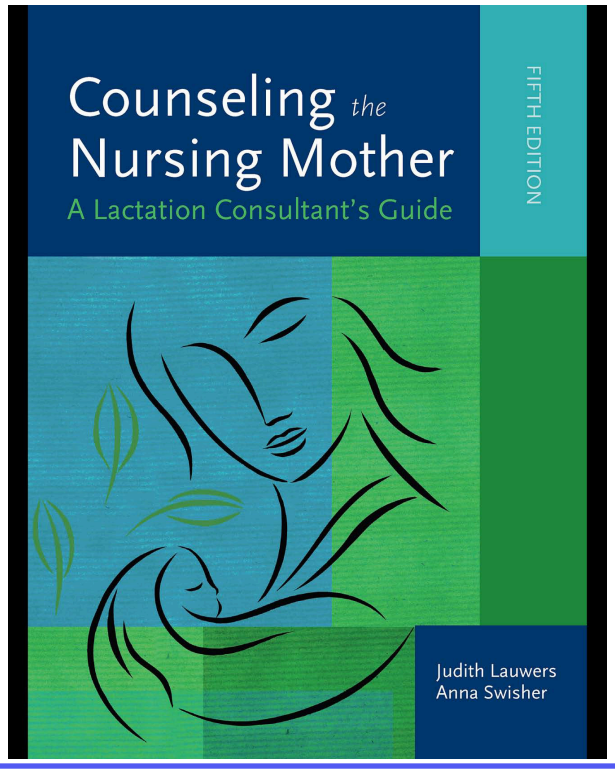


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Preface

I can't hear a word you're saying.
Who you are speaks too loudly.

—Ralph Waldo Emerson

We release this fifth edition of *Counseling the Nursing Mother* in the 25th year of the lactation consulting profession, a celebration of all that has been achieved and the promise of the years to come. *Counseling the Nursing Mother* is unique among all other lactation texts in its focus on counseling and communication skills. We hope you will gain an appreciation for the significance of counseling techniques and how your style and approach can enhance your interactions with mothers and thus your effectiveness. Topics are presented within a counseling framework, and practical suggestions are interwoven with evidence-based information throughout the text. We hope the insights shared within these pages will assist you in applying knowledge and research into day-to-day clinical practice with an appreciation for counseling challenges and how to meet them.

The text also serves as a significant tool for teaching interns and others in the healthcare profession. It is ideal as the first text in the journey to becoming an IBCLC, enabling the learner to understand lactation in easy-to-read terminology before advancing to more scientific texts. The extensive glossary and index and the *Key Terms* and *At a Glance* features in each chapter make the text a valuable study guide for the certification exam as well as a quick reference when working with mothers.

The strong features from the fourth edition continue, with the timeless chapter on critical reading of research that explains the process in easy-to-understand descriptions. The text is written from a teaching perspective to help the reader grow professionally in the lactation field, with a focus on reaching out to the current generation of mothers. The comprehensive glossary has been expanded to over 600 terms used in lactation practice—a great study tool for the certification exam!

New features in the fifth edition include:

- mPINC survey and breastfeeding rates
- Joint Commission initiative
- AAP endorsement of the Ten Steps
- Lactation staffing levels
- Knowledge gaps on the healthcare team
- Feminism and breastfeeding
- Electronic breastfeeding support
- Obesity research
- Warnings about induction and elective cesareans
- WHO growth charts
- Biological nurturing and baby-led breastfeeding
- Subclinical mastitis
- Paternal postpartum depression
- Breastfeeding in emergencies
- Same sex partners
- H1N1 influenza
- Insulin resistance and metabloic syndrome
- Bariatric (weight loss) surgery
- Hepatitis B
- HTLV-1
- IBCLC Scope of Practice

Several topics have been expanded, including:

- History of wet nursing and formula manufacturing
- Baby-Friendly Hospital Initiative
- Infant assessment
- Gastroesophageal Reflux (GER)

- Teen mothers
- Cultural competence
- NICU, including needs of fathers
- Late preterm infant
- Autoimmune disorders
- HIV and breastfeeding
- Human milk banking
- Breastfeeding promotion

Part 1 (Chapters 1–6) focuses on the IBCLC in action, beginning in Chapter 1 with a historical perspective of infant feeding and the growth of the lactation profession. Various work settings for IBCLCs are explored in Chapter 2. Chapter 3 presents new material on the sociological perspective of breastfeeding assistance and support. Chapters 4 and 5 focus on empowering mothers and using effective counseling strategies and techniques, elements which set this text apart from others in the lactation field. Chapter 6 addresses practical elements in consultations with mothers and babies, including anticipatory guidance, problem solving, and documentation.

Part 2 (Chapters 7–10) covers the science of lactation. Chapter 7 describes the newest understanding of breast anatomy, growth and development, and variations in structure and function. Chapter 8 provides a basic understanding of nutrients, nutrition in pregnancy and lactation, and how to teach nutrition to mothers. Properties of human milk are studied in Chapter 9, with attention to its lifelong health benefits and a comparison to artificial feeding. Chapter 10 studies safety issues of medications, social toxicants, and environmental contaminants in the mother's milk.

Part 3 (Chapters 11–18) spans across the prenatal to postpartum phase, from the woman's decision to breastfeed through to weaning. Chapter 11 discusses issues involved with decision making, preparing for breastfeeding, and selecting a physician. Hospital practices are explored in Chapter 12, with an emphasis on early breastfeeding, a supportive climate, and comprehensive care plans. Chapter 13 examines newborn assessment, infant behavior and growth, and strategies for infant crying. Practical aspects of breastfeeding are presented in Chapter 14, including positioning, multiples, tandem nursing, and assisting with a feeding. Factors related to the baby's attachment and suckling are discussed in Chapter 15, with practical suggestions for assisting with problems. Chapter 16 presents common occurrences during the early weeks, including the establishment of lactation, leaking, nipple soreness, engorgement, plugged ducts, and mastitis. Chapter 17 relates factors inherent in breastfeeding beyond the first month, from patterns of growth, infant development, breastfeeding an older baby, and supplementary and complementary feedings, to weaning. Finally, Chapter 18 addresses the consequences of compromised milk production and transfer on the health outcome and growth of the infant.

Part 4 (Chapters 19–25) addresses special care situations and counseling challenges, beginning in Chapter 19 with changes that occur within the family in terms of parenting, sexual adjustments, fertility, and sibling reactions. Lifestyle variations such as low income, single parenting, adolescent mothers, and cultural differences are explored in Chapter 20, as well as dealing with opposition to breastfeeding. Chapter 21 discusses various breastfeeding techniques and devices and their appropriate use. Temporary breastfeeding situations such as jaundice, relactation, induced lactation, and delayed breastfeeding are presented in Chapter 22. Chapter 23 describes the special needs of high-risk infants, with a sensitive approach to counseling a mother whose baby has died. Interruptions in breastfeeding are explored in Chapter 24, with practical suggestions for managing feedings and combining working and breastfeeding. A wide variety of long-term special needs for mothers and babies are presented in Chapter 25, with advice on how to counsel mothers in these situations.

Part 5 (Chapters 26–28) examines the important role of the IBCLC as professional and advocate. Educational preparation and certification are emphasized in Chapter 26, along with standards of practice, promoting your services, educating other healthcare providers, and maturing in the role of IBCLC. Chapter 27 provides a clear and easy-to-understand review of how to read and review research critically, with illustrations provided through mock articles. The text ends with Chapter 28 and the important role of the IBCLC in promoting breastfeeding, policy changes, and creating baby-friendly healthcare.

Lactation consultants, like other professionals, need to embrace change as the amount of new information accelerates. We must be lifelong learners! In *Counseling the Nursing Mother*, we have helped accommodate that need by providing resources for your ongoing learning and research. We recognize the need to teach and mentor a new generation of lactation consultants and other healthcare providers. We urge our readers to accept that challenge and responsibility. This text provides a starting point for that journey.

Judith Lauwers
Anna Swisher

Acknowledgments

A text of this scope is the result of collaboration with scores of colleagues throughout the history of the lactation consultant profession. Our thanks and appreciation go to all who have enriched our understanding of the art and science of breastfeeding and of the lactation consulting profession. Their generosity and selfless sharing of resources and insights for this and previous editions of *Counseling the Nursing Mother* help promote lactation consulting to new generations of professionals. There is always the inadvertent possibility of omitting the name of an important contributor. If any contribution has been omitted, we apologize.

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