Questions

1. **What factors put Molly at high risk for early termination of breastfeeding?**

   **Factors:**
   - They leave hospital too early and lack of follow up.
   - Nowadays infant formula is popular.
   - She is planning to go back to her job within 2 months. If her workplace doesn’t provide any facility for baby mom to use, she is kind of forced to end breastfeeding sooner than stay-home moms.
   - She is experiencing tenderness on his nipples which might discourage her frequency and positive feelings of breastfeeding.
   - Psychological factor: her constant worries about the job, her weight and the baby. Those worries take off the fun of breastfeeding for her.
   - Physical factor: she is trying to lose weight as fast as she can, it will effect the volume of milk production overall.
   - Educational factor: her knowledge of what would happen to the baby or the mom after birth is deficient. Educational classes are recommended before birth.

2. **What factors indicate that Daniel’s getting adequate nourishment?**

   - Daniel’s eating frequency (1 ½ to 2 hours), diapering (6-8 wets per day) and pooping (2-3 times/day) are normal for a new-born baby and good indicators for getting enough nourishment.
   - As long as Daniel is breastfeeding as frequent as above, he is getting adequate nourishment.

3. **What concerns do you have about Molly’s diet? What advice would you give her about her weight-loss plans and eagerness to return to exercise? Do Molly or Daniel need any vitamin-mineral supplements?**

   - Molly is lacto-ovo vegetarian which means she doesn’t consume any kind of animal meats including fish. I would most concerned about her fat-soluble vitamin (A,D,E,K) level and B12 which only found in animal foods, as well as important fatty acids in fish such as EPA and DHA, since lipids component is supposed to provide ⅔ of the energy in human milk.
   - Successful weight losing should be gradual and consistent. So around 0.8 kg/month is the recommended rate for weight-loss for moms. And she should know that rapid weight-losing would effect the volume of milk producing.
   - Yes but not really, mother should increase some foods other than animal meats that are relatively rich in EPA and DHA , and Vitamin B-12 should be injected to the baby after birth since she is a vegan.

4. **If Molly lived in your community, what resources would be available for help and support for breastfeeding mothers?**

   *(I’m quiet new to this community, so I list resources in general)*

   - Breastfeeding support groups
• Free telephone counseling
• Appointments with a lactation consultant
• Workplace breastfeeding support programs
• Le Leche League- international organization that provides education, information, support and encouragement to women/
• The baby-friendly hospitals
• Legislation address women’s right to breastfeed in public and on federal property, express milk at work, and to be exempt from jury duty.

5. **What steps can Molly take to continue successful breastfeeding when she returns work in 2 months?**

• Before going back to work, she could:
• Try to gradually let baby get used to the bottle 10 days before returning to work but only when natural nipple breastfeeding is well established (about 4 weeks)
• Buy a milk pump so she could pump at home and store up for the baby while she is at work
• Find out if her company have a support program
• Find a on-site child care so she can feed the baby during her breaks