

What does gender equity mean in your country context?  
How has your country addressed it in the context of  
maternity/paternity/parental protection?  
What challenges still exist?

Breastfeeding and work

WABA

Stockholm 26-28 september

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Pictures removed from this presentation!

# Family in Sweden!

Mothers / fathers/ partners / parents

# Research about fathers involvement

Research shows positive effects on the children:

## Reduce

- behaviour problems in boys
- psychological problems in young women
- criminal behaviour among children

## Increase

- breastfeeding

Ref: Sarkadi A, Kristiansson R, Oberklaid F, Bremberg S. Acta Paediatr. [Fathers' involvement and children's developmental outcomes: a systematic review of longitudinal studies](#). 2008 Feb;97(2):153-8. Epub 2007 Dec 3.

Review.

# Parental leave in Sweden

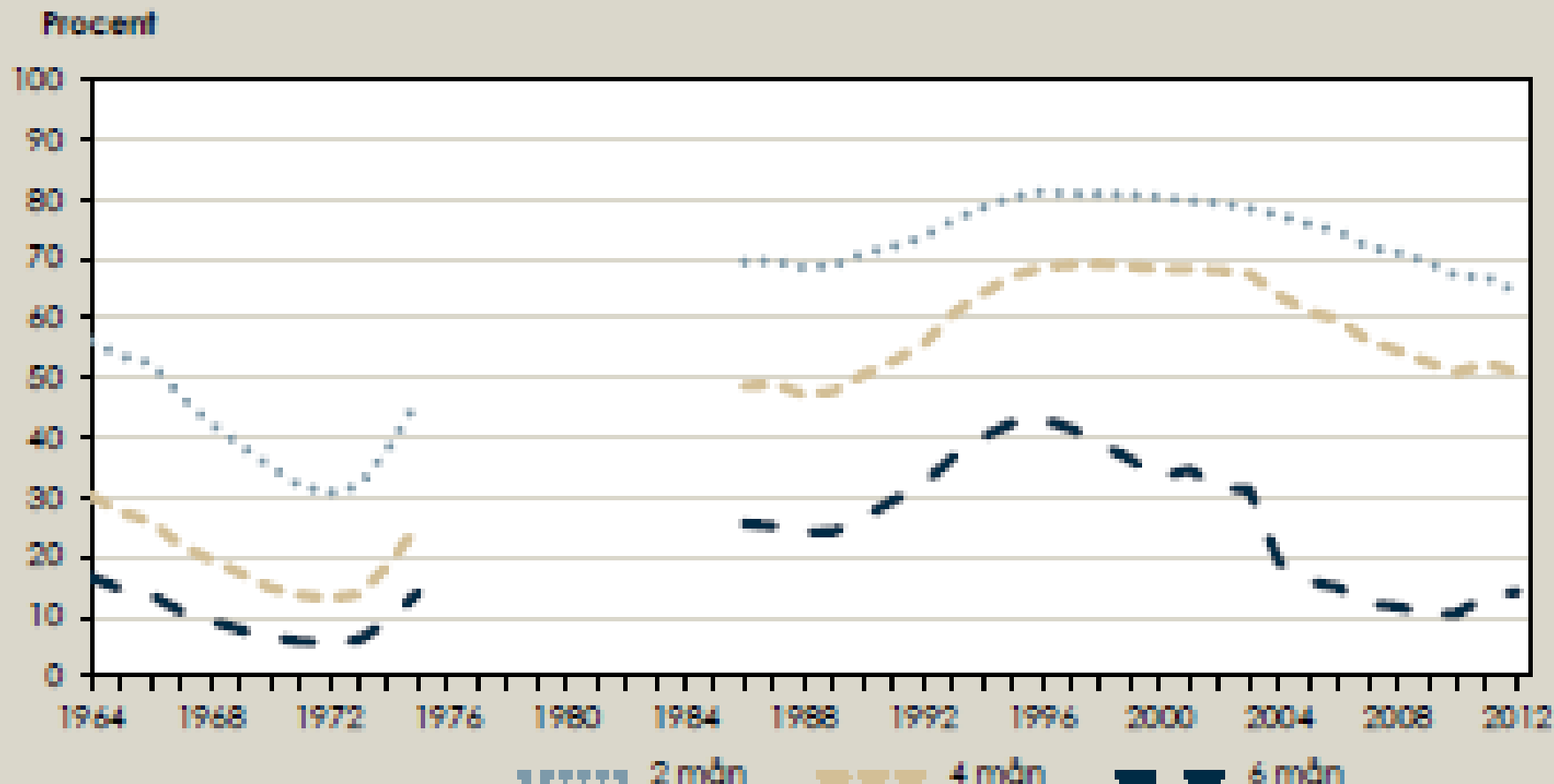
Sweden, the first country in the world with equal opportunities of parental leave

- Parental leave – in total 16 months
  - 60 days are required for the mother
  - 60 days are required for the father/partner
- 12 months can be shared of the parents
  - Today fathers use approximal 28% of this days

(78% of the salary are paid during this days)

# Prevalence of exclusive breastfeeding is decreasing!

Diagram 4. Enbart ammade barn födda 1964–2012



Källa: Socialstyrelsen

\*Ingen datainsamling år 1975-1985

\*\*WHO:s amningsdefinition gäller fr o m år 2004, vilket innebär att barn som fått smakportioner exkluderas från kategorin enbart amning

# Attendance of fathers

- Antenatal clinic - parenting support group programs 67% (mothers 72%)
- Delivery ward – almost 100%
- Postpartum ward – (family room) almost 100%
- Child health center – parenting support group programs 2%

We can do more!

# What is important how to prepare parents for today?

Provide parents the knowledge about:

- Newborn's inborn behavior - the 9 stages
- The effects of skin-to-skin contact during the first hour and the first breastfeeding
- How to stimulate early initiation ( < 2 hours post partum) of breastmilk production if the baby has not latched on

Referens:

Newborn Behavior to Locate the Breast when Skin-to-skin: A Possible Method for Enabling Early Self-Regulation. *A.-M. Widström, G. Lilja, P Aaltomaa-Michalias, M. Lintula, A. Dahllöf and E. Nissen.*

*ActaPaediatrica* 2010





The Nine Stages  
of a skin to skin  
newborn  
in the first hour



# The First Hour After Birth: A Baby's 9 Instinctive Stages



**1 The Birth Cry**  
The newborn is crying because of the bright lights and the sound of the baby's heartbeat.



**2 Reorientation**  
The baby is reorienting to the world's location.



**3 Awakening**  
The baby opens his eyes and starts to move for the first time.



**4 Activity**  
The baby is moving his arms, legs, and mouth.



**5 Root**  
The baby turns its head toward the person holding it.



**6 Crawling**  
The baby starts to crawl for the first time.



**7 Familiarization**  
The baby gets acquainted with the person holding it.



**8 Suckling**  
The baby starts to suckle on the mother's breast.



**9 Sleep**  
The baby is sleeping peacefully after the first hour.



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# Fathers guiding the mother through the 9 stages

Photo: Gro Nylander Risk Hospitalet Oslo hämtat från IBFANS Kalender

Photo Amningscentrum Karolinska University Hospital

# When skin-to-skin with the father/partner?

- After the first hour skin to skin with mother
- When mother and baby must be separated

# Fathers are excellent breastfeeding supporters

# Take home messages

- Breastfeeding is complex!
- Care Routines are important
- Skin-to-skin contact stimulate feeding behavior
- Breastfeeding within the first 1-2 h result in:
  - more milk
  - more exclusive breastfeeding at 6 months
  - less lactation problems
  - less risk for formula use
- Early breast stimulation give more milk!
- Skin to skin has physiological and psychological effects!
- Early breastfeeding strengthens the mother's confidence in breastfeeding

Thank you!



Photo Tove Iggsten