

## **Re: Rebecca Glovers Oct 2005 Updates**

I have recently updated all my education aids; *accept for the Positioning Poster*, to incorporate the latest ultrasound research on milk removal by Donna Ramsay of the Hartmann Lactation Group here in Perth Western Australia. Donna has shown that "it is the negative vacuum exerted by the infant during sucking combined with the positive pressure at milk ejection that plays a major role in milk removal from the breast rather than a 'stripping action' by the tongue" (Breastfeeding Review Vol 13 No 1 2005).

I was excited by the new research because when you explain it to mothers it not only teaches them how baby removes the milk but you can use it to explain to them what they need to see their baby doing when they are feeding well; deep jaw movement, followed by a swallow and a little puff or air out of baby's nose. As baby lowers the jaw the posterior tongue lowers creating increased vacuum at the back of the mouth and milk is drawn out of the breast. When a big enough bolus has collected in the posterior oral cavity it triggers the swallow reflex. The peristaltic wave appears to be simply part of the action of swallowing.

This process confirms and reinforces the importance of the deep attachment technique described in Follow Me Mum. When the breast fills the baby's mouth there is adequate breast tissue to expand in the mouth and maintain the vacuum as baby lowers the jaw and tongue. The latch of the baby's tongue beneath the breast is still the most important part of the attachment, the tongue must maintain the vacuum throughout the suckling process.

If the breast doesn't FILL the mouth baby works hard to hold the breast in the mouth with increased vacuum and reduced jaw movement. Baby simply can't open the jaw wide enough without losing vacuum on the breast, the breast can't expand in baby's mouth and milk removal is poor.

### **WHAT HAS BEEN UPDATED**

I have created new graphics depicting how this occurs. The Pamphlet 'The Key to Successful Breastfeeding' has been completely revised with the new graphics and explanations on the first two columns; the remainder of the pamphlet has some revision throughout but no major changes. The back of Teaching Chart (A4 size) has been completely revised with new graphics and pictures to bring it in line with the Pamphlet and Video 'Follow Me Mum'. The Wall Poster – Attachment has one of the new graphics in the bottom left corner.

The Video is now available in DVD format. The DVD contains the updated animations showing the new milk removal sequence and contains translations in Spanish and French.

The DVD format is wonderful to use when teaching mothers because you can choose the segment you want and it can be paused with a perfect image at any stage and you can talk the mothers through an issue while they are 'drinking in' the visual image; the natural way to learn to breastfeed.

PAL VHS videos have been discontinued but there are still some NTSC VHS videos available, the videos have been produced from the updated DVD and have the new animations but not the Spanish or French version or the other advantages of the DVD.

**WHEN YOU ORDER FROM ME PLEASE STIPULATE CLEARLY WHICH VERSION YOU WANT: DVD PAL (Australia, England Europe etc) DVD NTSC (America, Canada, Japan, etc) or NTSC VHS-VIDEO.**

THANK YOU.