



Lactation Jeopardy

Parenting Services

The Lactation Consultant Staff



Single Jeopardy

Got Milk?	K.I.S.S.	Simulacrum	Early Birds	Red Flags
100	100	100	100	100
200	200	200	200	200
300	300	300	300	300
400	400	400	400	400
500	500	500	500	500
600	600	600	600	600
700	700	700	700	700

● ● ● | Got Milk?

During this trimester the milk shown here begins to form. *[Hint: 1st, 2nd, or 3rd trimester.]*

What is the 2nd trimester



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Got Milk?

The amount of time (in weeks) required for a baby to re-colonize the gut with lactobacillus (friendly bacteria) after receiving a single feeding of formula

What is 2 weeks



Back



Got Milk?

As part of gauging breastfeeding efficiency, this is the minimum number of wet and stool diapers the infant should have in a day by the time he is 48 hours of age

What is a minimum of 2 wets & 2 stools

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Got Milk?

By day 3 to day 5 some of these complications may arise due to infrequent removal of colostrum on day 1 & day 2

What are: dehydration, weight loss, jaundice, and maternal breast engorgement



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Got Milk?

Establishing receptor sites for this hormone during the first 2-3 weeks after delivery is important in the establishment of a good milk supply long-term

What is prolactin



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Got Milk?

No stool in 24 hours in an exclusively breastfeeding newborn is a concern even if the infant is having some wet diapers; This scenario is likely to be the result of this feeding complication

What is low milk intake

[Note: stool output is a better predictor of effective milk transfer than urine output.]

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● ● ● | Got Milk?

This breastfeeding complication is suspected when the stool illustrated here is still present on day 4

What is insufficient milk intake



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K.I.S.S.

This evidenced-based low tech intervention enhances bonding, increases breastfeeding frequency & duration, and stabilizes cardiac and respiratory functions

What is skin-to-skin contact or Kangaroo Mother Care



Back



K.I.S.S.

This is the ideal time to initiate skin-to-skin contact

What is immediately after birth

[Back](#)



K.I.S.S.

A strategy to help the mother stimulate prolactin levels at night when prolactin levels are naturally higher

What are: night breastfeeding or pumping at night

[Back](#)



K.I.S.S.

This many hours of skin-to-skin contact
reduces a baby's stress hormones by
up to 75%

What is 1 hour

Back



K.I.S.S.

The reason that a cold newborn can be warmed up faster by using skin-to-skin versus bundling

What is maternal heat

[Back](#)



K.I.S.S.

During skin-to-skin contact this sense helps guide the baby to breastfeed

What is the baby's sense of smell

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K.I.S.S.

The frequency of
breastfeeding
needed to establish
a good milk supply
What is 8-12X/day



(This illustration shows the neural feedback mechanism)

Back



Simulacrum

The volume of supplementation a term infant < 24 hours of age requires at a single feeding if not able to breastfeed

What is 5-10 mL/feeding (2 mL/kg/fdg)



Back



Simulacrum

The volume of supplementation a term infant requires at a single feeding for an infant between 24-48 hours of age, if not able to breastfeed

On average ~ 13 mL/fdg (4 mL/kg/fdg)



Back



Simulacrum

The volume of supplementation a term infant requires at a single feeding for an infant between 48-72 hours of age, if not able to breastfeed

On average ~ 27 mL/fdg (8 mL/kg/fdg)



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Simulacrum

One of the important factors missing from formula, that helps fight infection

What are antibodies or other immune factors



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Simulacrum

One of the reasons that formula company gift bags may lead to decreased breastfeeding

What are: perception of medical endorsement, overuse of formula during problems, impression that formula is “just as good,” loss of milk supply during supplementation



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Simulacrum

The component in formula that is responsible for the majority of cases of formula intolerance

[Hint: sugar (lactose), protein, or fat]

What is cow's milk **protein**

[Note: not lactose. Lactase deficiency in infants is extremely rare. This condition is usually acquired after a bout w/ diarrhea at any age, or acquired between 2-5 yrs of age among certain ethnic groups.]

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Simulacrum

Name the number of formula feedings
an infant can have and still be
considered an “exclusive”
breastfeeding baby

What is none!



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Early Birds

Name any of the warning signs in near-term infants indicating breastfeeding is not going well and placing the infant at risk for readmission

What are any of the following: sleepy, fussy, wt loss, jaundice, dry mucous membranes, uric acid crystals, decreased stooling, and concentrated urine

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Early Birds

Pumping by a mother whose baby is taken to the NICU should occur by this many hours after delivery according to GUH policy

What is 4 hours



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Early Birds

Between freshly pumped and thawed frozen expressed breastmilk, the best choice to feed a baby

What is freshly pumped breastmilk



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Early Birds

What parents should be instructed to watch for during syringe feedings before giving the next drop of milk

What is a swallow



Back



Early Birds

The appropriate volume of supplementation for a near-term infant approaching 4 days of age with a 10% wt loss

What is 1 ½ oz



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Early Birds

Near-term infants, like full-term infants
are expected to be back to their birth
weight by this age

What is 2 weeks of age



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Early Birds

Any of the maternal conditions that are associated with poor breastfeeding behavior

What are: primiparity, c-section, mom on magnesium sulfate, pre-eclampsia, prolonged pushing stage, obesity, flat or inverted nipples



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Red Flags

The best thermal treatment for a mother with severe engorgement as illustrated here

What is cooling (*heat is contraindicated for severe engorgement*)



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Red Flags

The condition
shown here.

What is mastitis



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Red Flags

A complication that can be avoided by using an extra large flange for a mother with an extra large nipple

What are any of the following: nipple trauma, pain, and decreased milk supply



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Red Flags

The reason why this breast condition (hypoplastic breast) is associated w/ low milk supply

What is insufficient glandular tissue

[Note: “hypoplastic” means under-development.]



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Red Flags

This procedure,
resulting in the scars
illustrated here results
in a decreased milk
supply

What is breast
reduction. -- *Note the
periareolar incision*



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Red Flags

The name of the condition shown in this infant that causes a compression stripe on the nipple after feeding

What is ankyloglossia or tongue-tie

(Shallow latching causes the compression stripe)



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Red Flags

Any of the potentially life-threatening conditions that can occur in babies with excessive weight loss

What are: kernicteris, severe dehydration, hypernatremic seizures, ↑blood viscosity leading to stroke, DIC, and kidney failure



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