

# Managing nighttime breastfeeding in young infants

March 22 2023

---



Credit: Pixabay/CC0 Public Domain

By following normal mother-infant physiology, parents can get more sleep. The Academy of Breastfeeding Medicine (ABM) has released new guidelines to help parents manage nighttime breastfeeding in young

infants. The new clinical protocol is published in the journal *Breastfeeding Medicine*.

Deena Zimmerman, MD, MPH, IBCLC, from the Israel Ministry of Health, and co-authors representing the ABM emphasize how parents can get more sleep while breastfeeding by emphasizing the importance of mothers sleeping close to their babies and taking measures to minimize the need to get up at night.

ABM supports the practice of "responsive" feeding, where feeding is meant to be in accordance with the physiological needs of the baby. However, parents must understand this need and be supported in how to manage their needs together with those of their child.

Sleep location is vital to feeding frequency. A growing body of anthropological research provides evidence that proximate mother-infant sleep combined with side-lying breastfeeding ("breastsleeping") constitutes the human evolutionary norm. Furthermore, as the authors state, "scientific data shows bedsharing to be associated with prolonged duration of any and exclusive [breastfeeding](#)."

**More information:** Deena Zimmerman et al, ABM Clinical Protocol #37: Physiological Infant Care—Managing Nighttime Breastfeeding in Young Infants, *Breastfeeding Medicine* (2023). [DOI: 10.1089/bfm.2023.29236.abm](#)

Provided by Mary Ann Liebert, Inc

Citation: Managing nighttime breastfeeding in young infants (2023, March 22) retrieved 27 April 2024 from <https://medicalxpress.com/news/2023-03-nighttime-breastfeeding-young-infants.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.