



**"You must be the change  
you wish to see in the world."  
~ Mahatma Gandhi ~**

Clinical Scripts

**"ONE-LINERS"  
Breastfeeding/Chestfeeding  
in Times of Pandemic**

You can change course....  
one infant at a time.

**evergreen perinatal education**

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“The most comforting thing someone said to me was to let myself break down about everything that was lost due to the pandemic. After having to find a new place to give birth, not having friends or even family meet her, no pictures of meeting Grandma and Grandpa etc. It was really hard. I needed to grieve that before I could move forward.”

Families tell us that the words we choose have a profound impact. As a professional who works with pregnant and postpartum women, you are in a position to significantly influence their breastfeeding/chestfeeding, and parenting experience.

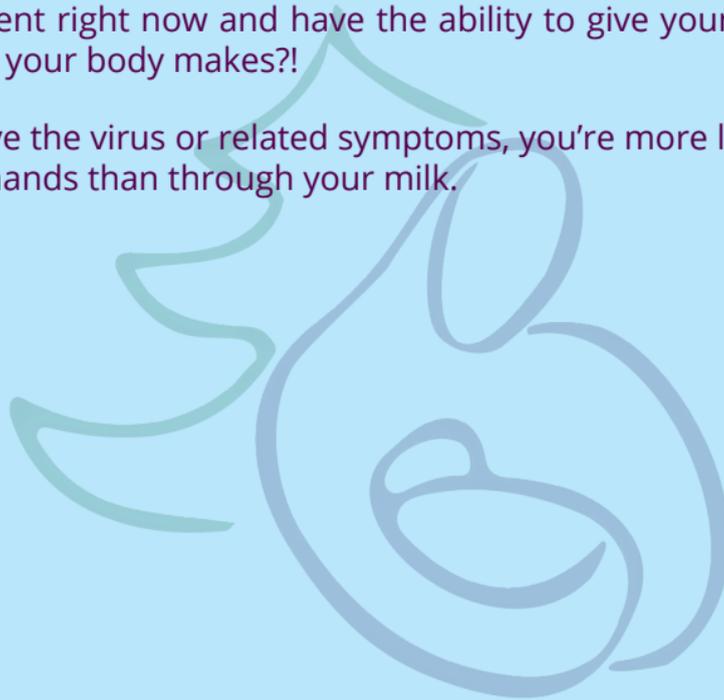
The following “one-liners”, scripts or concepts are intended to be used as a tool when you are working with new families and addressing their concerns about breastfeeding/chestfeeding during the pandemic.

## *One-Liners for Breastfeeding/Chestfeeding Information in Regard to COVID-19:*

- What has this time of the COVID-19 pandemic been like for you? And then just listen. Each story is different.
- Nothing about this time is normal. Give yourself lots of grace.
- The virus that causes COVID-19 has not been found in any of the breast milk samples tested.
- Keep your home, yard, and car a safe zone – they will be places you can relax, rub your eyes, kiss that baby, floss your teeth...without WORRY
- Antibodies against the virus have been found in newborns born to COVID-positive parents.
- Remember to get your information about the latest findings about the virus from reputable resources such as the CDC, the WHO, the NIH, your IBCLC, or your baby's care provider.
- By breastfeeding/chestfeeding you're much more likely to protect than harm your baby, even if you have the virus.

## One-Liners for Breastfeeding/Chestfeeding Information in Regard to COVID-19 Cont.:

- Human milk with its naturally occurring protective antibodies is being studied as a link to discover a vaccine for Covid19. How lucky are you to be a lactating parent right now and have the ability to give your baby this life saving gift that your body makes?!
- Even if you have the virus or related symptoms, you're more likely to pass it through your hands than through your milk.



## One Liner's for the Expecting Family:

- What is being pregnant during the COVID-19 pandemic like for you? And then just listen. Each story is different.
- If you are deciding whether or not to breastfeed/chestfeed your baby, remember giving your baby breastmilk is about so much more than just giving them food. You are giving IMMUNITY to your baby! Human milk is a life line for babies!
- The trained healthcare support staff in the hospital will help lead you through the unknown of birth. And pandemic or not, remember giving birth is always an unknown adventure for everyone! No one can tell the story of their birth until after they have given birth!
- Keep open communication with your healthcare providers and support system to let them help you and offer what they can. We are truly all in this together! It takes a village to raise a new baby, and the village is still there, even if remotely for now!
- Enjoy every day (minute) of pregnancy/birth/newborn stage/ breastfeeding/chest-feeding because you won't get it back! Think of the stories you will have to tell your baby one day about the time they were born during a global pandemic! It makes their journey unique and special!

## One Liner's for the Expecting Family Continued:

- The best thing you can do for your baby right now is to take care of yourself.
- Your body is making and giving your baby all kinds of good things like antibodies. It's also getting your milk ready so that protection can continue after your baby is born.
- Just think: your baby will come ready-made to fight off diseases and on top of that you'll be "vaccinating" her every time you breastfeed/chestfeed.

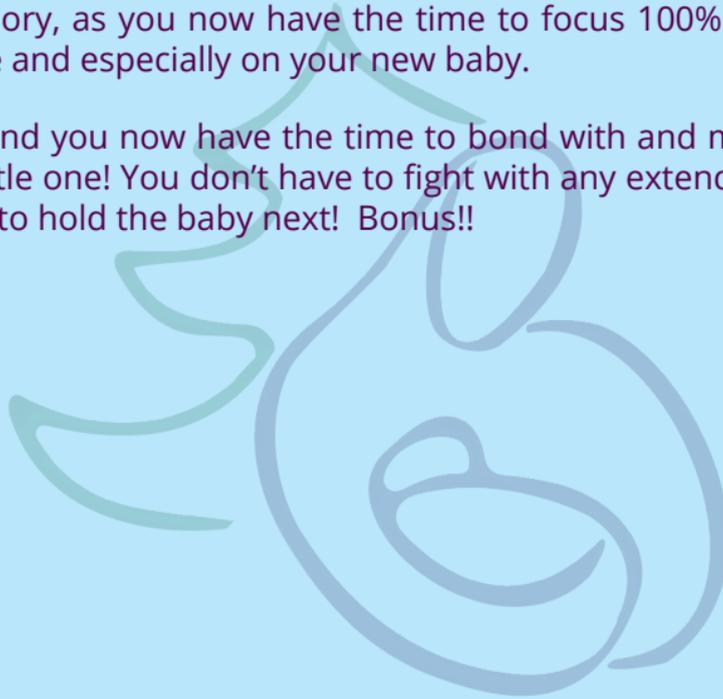


## One Liner's for Birthing Families:

- What has pregnancy during the COVID-19 pandemic been like for you? And then just listen. Each story is different.
- It's okay to be sad and to grieve the things the pandemic has taken from your pregnancy and birth experience.
- I know it's disappointing that you can only have your partner and not your doula with you, but I think she would agree you have all the tools you need for doing this yourself when the time comes. You've got this!
- The hospital is very concerned about you and your baby's safety. You will be in very good hands.
- A hospital is about the safest place you could be right now. They are being extra vigilant about visitors, hand-washing, and PPE. You're going to get star treatment!

## One Liner's for Birthing Families Continued:

- You may not be able to share your new baby with everyone you love in person right now as you had originally hoped, but think how special this time will be as a unique memory, as you now have the time to focus 100% on your immediate family at home and especially on your new baby.
- Time is a gift and you now have the time to bond with and memorize every inch of your new little one! You don't have to fight with any extended family members over who gets to hold the baby next! Bonus!!



## One Liner's for the Newly Breastfeeding/Chestfeeding Family:

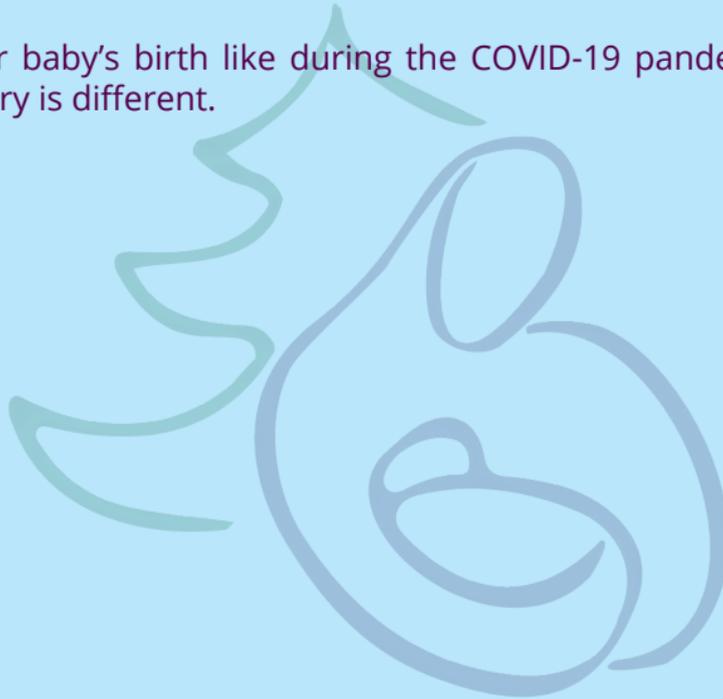
- Remember to take lots of pictures and videos of your new baby/family to share with loved ones that you can't be near right now!
- Babies change daily so capture those changes with the time you now have at home!
- Sharing those special early moments over video of your new baby will allow you to feel closer to your loved ones!
- Control what you can control in your immediate environment and in your home to protect your family and new baby, but do your best to let go of things not in your control!! Worrying about the unknown takes time away from being present with your baby! And your baby needs you right now!
- Don't worry if you are struggling in the beginning with breastfeeding/chestfeeding, as many people do! Keep going and ask for help! The good news is most Lactation Consultants/IBCLC's are still providing virtual consults via video/phone during this pandemic so you can still get the help you need once you are home with your baby!

## One Liner's for Newly Breastfeeding/Chestfeeding Family Continued:

- A great way to combat stress right now is to hold your baby and snuggle your baby as much as possible! Science shows us sniffing your baby's head while holding them sends relaxing hormones throughout the parent's body!
- Babies sense our moods and anxieties! If you are stressed and worked up, your baby may be hypersensitive as well! Keep your environment as calm as possible for you and your baby! Ideas such as wearing your baby in a carrier up against your chest, snuggling them in your arms as much as possible, dancing with your baby to calming music, or take a relaxing bath with your baby may help both of you feel better! And we all want to feel as good as we can right now! Partners, if available, can also do these things with the baby.
- It is okay to need some extra help right now, and help is still available! Having a new baby is always hard, but for some, may be even harder during this pandemic. Know you are not alone!
- Good nutrition is important for everyone right now during this pandemic to maintain a healthy immune system! How cool is it that the human milk your body makes is the perfect food to nourish and protect your baby every single time they feed!!

## One Liner's for Newly Breastfeeding/Chestfeeding Family Continued:

- Now, more than ever, your breast milk is a great gift of health for your baby. Good job, Mama!
- What was your baby's birth like during the COVID-19 pandemic? And then just listen. Each story is different.



## Resources on Breastfeeding and COVID-19:

- Centers for Disease Control: [https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fpregnancy-breastfeeding.html](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fpregnancy-breastfeeding.html)
- World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/q-a-on-covid-19-pregnancy-and-childbirth>
- Academy of Breastfeeding Medicine: <https://www.bfmed.org/abm-statement-coronavirus>
- La Leche League International: <https://www.llli.org/coronavirus-resources/>

