

DOES RELAXATION HELP BREASTFEEDING?

We combined all the research studies that offered “relaxation” techniques to breastfeeding (lactating) mothers (parents)

There were about 2000 mothers in 18 studies. Some were breastfeeding healthy babies at home and some were expressing milk for a sick baby in hospital

Types of relaxation offered were: music, guided relaxation, mindfulness and breathing/yoga exercises

PROVIDING A RELAXATION TECHNIQUE:

**High
Certainty**

DID NOT CHANGE MILK PROTEIN

INCREASED THE AMOUNT OF BREASTMILK

For example, by 120ml per day

REDUCED THE MOTHER’S ANXIETY & STRESS

By a small amount

INCREASED THE BABY’S WEIGHT*

For example, from the 2nd to the 7th centile

DID NOT CHANGE THE BABY’S LENGTH (HEIGHT)*

INCREASED MILK ENERGY AND CARBOHYDRATE

By a very small amount

**Medium
Certainty**

*these studies were for babies born at 34 weeks+ of pregnancy and directly breastfeeding

**Low
Certainty**

MADE THE MOTHER FEEL MORE RELAXED

DID NOT CHANGE RATE OF BREASTFEEDING OR EXCLUSIVE BREASTFEEDING

DID NOT CHANGE DEPRESSION IN THE MOTHER, OR HOW THEY FELT ABOUT BREASTFEEDING (“SELF-EFFICACY”)

DID NOT CHANGE MILK FAT

Read more and listen to some of the relaxation recordings here:



jamanetwork.com/journals/jamapediatrics/fullarticle/2818395