

Should Mothers Avoid Nighttime Breastfeeding to Decrease Their Risk of Depression?

Kathleen Kendall-Tackett, Ph.D., IBCLC

... Breastfeeding mothers are less tired and get more sleep than their formula- or mixed-feeding counterparts. And this *lowers* their risk for depression ...



Using supplementation as a coping strategy for minimizing sleep loss can actually be detrimental because of its impact on prolactin hormone production and secretion. Maintenance of breastfeeding, as well as deep restorative sleep stages, may be greatly compromised for new mothers who cope with infant feedings by supplementing in an effort to get more sleep time. Doan, T., Gardiner, A., Gay, C. L., & Lee, K. A. Breastfeeding increases sleep duration of new parents. *Journal of Perinatal & Neonatal Nursing* 2007; 21(3), 200–206.

Advising women to avoid nighttime breastfeeding to lessen their risk of depression is not medically sound. In fact, if women follow this advice, it may actually increase their risk of depression.

Read the full article here:

http://www.uppitysciencechick.com/nighttime_breastfeeding.pdf

Kathleen Kendall-Tackett, Ph.D., IBCLC is a health psychologist, board-certified lactation consultant and La Leche League Leader. She is clinical associate professor of pediatrics at Texas Tech University School of Medicine in Amarillo, Texas. For more information, visit her Web sites: www.UppityScienceChick.com and www.BreastfeedingMadeSimple.com

See a video on Kathleen Kendall-Tackett's *Depression in New Mothers—Causes, consequences, and treatment alternatives* 2nd edition: Routledge, 2009 here:



http://www.onetruemedia.com/shared?p=a4e5ac867db516ca92c0d8&skin_id=601

"My enthusiasm for the comprehensive content and easy-to-read style of *Depression in New Mothers* leads me to recommend this book as an important resource for everyone working with pregnant and postpartum women as well as the family members affected by this condition." Marian Thompson, Co-founder, La Leche League International.



Depression in New Mothers is available at <http://store.llli.org/internal/product/189>

LLLI SUPPORTING MEMBERSHIP

One Year Includes:

- 10% savings on items purchased in the LLLI online store
- *Breastfeeding Today*, our new global online publication with breastfeeding research, articles, resources and products.



JOIN NOW



PHOTOS

La Leche League International is seeking high quality digital photographs for use in various media. If you would like to submit a photo, please send us a digital file of your work.*

RESOLUTION: 300 (dpi = dots per inch) and SIZE: 5" w x 7" h

*Unless specifically solicited by LLLI, photos are not purchased. If your photo is used, photo credit will be given.

Send digital file(s) to:
photos@llli.org