

Recommendations for breast-feeding in inherited epidermolysis bullosa
Video under the responsibility of the multidisciplinary team at Bambino Gesù Children's
Hospital, IRCCS, Rome, Italy

<https://www.youtube.com/watch?v=Rnf6tQ4IB6k&feature=youtu.be>

MESSAGES TO TAKE HOME, approved by the EB ERN-Skin Thematic group:

- ✓ The benefits of breast milk, in particular breast-feeding, for mother and baby are well known: it is recommended to exclusively breastfeed for the first six months of life, whenever it is possible.
- ✓ Breast milk and breast-feeding are recommended not only for babies born at term but also for premature babies.
- ✓ Newborn babies with epidermolysis bullosa (EB) can be effectively breast-fed with many benefits.
- ✓ The benefits are related to the nutritional effects of breast milk as well as to the close contact between mother and baby (Kangaroo care).
- ✓ Procedure:
 - First, lubricate the baby's lips and the breast, to avoid friction while sucking and to prevent blistering of the mouth
 - Then train-support the mother to start breastfeed the baby
 - Learn the mother how to hold the baby: turn the baby face to the mother, the left hand under the breast, the right one supports the baby
 - With the left hand squeeze the breast to help the baby in getting milk

Learn more on:

https://www.eb-clinet.org/fileadmin/user_upload/Media_Library/EB-CLINET/Dokumente/CPGs/International_Consensus_Best_Practice_Guidelines_Skin_and_Wound_Care_in_Epidermolysis_Bullosa.pdf