

Date

Dear [Hospital/Pediatrician/OB or Midwife practice] Staff,

Every year, thousands of babies are hospitalized in ____ (your country) for medical complications caused by accidental starvation while breastfeeding. Exclusively breastfed infants who do not receive sufficient milk while nursing are at risk for hypoglycemia, hyperbilirubinemia, hyponatremia, excessive weight loss, re-hospitalization, and in the most serious cases, brain damage and permanent injury. As a patient at ____ hospital/ ____ practice, I would like to share the story of my baby who also experienced accidental starvation while exclusive breastfeeding.

[Your story]

What to include in your story (provide a few sentences for each of the following) –

The date your child was born, the medical details of their birth (c section vs vaginal delivery, normal delivery vs complicated, healthy baby vs. struggling, etc) and any details you feel are important for the hospital/practice to know

The breastfeeding advice you received at the hospital/practice, and who gave it to you (nurses, lactation consultants, pediatricians). If you specifically received advice to avoid supplementation, be sure to mention it. If you were sent home with instruction manuals or breastfeeding guidelines that only encouraged nursing, or discouraged supplementation/combination feeding, mention that as well.

How your baby was acting that seemed unusual/wrong to you while breastfeeding (crying all the time, too sleepy, very yellow (jaundice), etc)

Medical details / red flags that should have alerted providers to a problem (ex: too much weight lost, not enough wet diapers, etc).

How the health care providers reacted to your child's condition and your concerns (ex: did they tell you to change your feeding plan or did they just tell you to keep nursing as you were?). If you requested formula or information on supplementation what was the response?

What happened to your child and the medical details as a result of being underfed (ex: too much weight loss, rehospitalized, IV treatment, phototherapy, brain injury etc)

How the experience affected you as a parent emotionally, and if it negatively impacted your desire/ability to continue breastfeeding or nursing

***Constructive feedback – what could your health care providers have done differently to help prevent this situation? What education on breastfeeding and/or formula supplementation do you wish you had received beforehand?

Photos of your child that show too much weight loss, or the medical treatments they needed as a result of their accidental starvation, may also be included.

Thank you for allowing me to share my child's story with you. I hope that by describing our experience, we can work together to prevent this from happening to other breastfeeding families.

Sincerely,

Your name and professional titles if applicable