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## Occupational Therapy's Role in Infant Feeding & Postpartum Support

Megan Gallagher  
*Cleveland State University*

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## Background & Proposal

The transition to parenthood can impact habits and routines, interfering with all areas of occupation.

Infant feeding, a *co-occupation*, may present challenges for new parents.

Proper perinatal education and preparation for new occupations and role changes can help to smooth the transition to parenthood.

OTs are uniquely positioned to support infant feeding goals and help promote occupational balance and well-being postpartum.

## About Megan

Megan completed a Bachelor's degree in Psychology from Kent State University in 2018. Her interests lie in early intervention, specializing in all things feeding, from lactation to solids and beyond.

She plans to pursue International Board-Certified Lactation Consultant (IBCLC) and SOS Approach to Feeding certifications. She hopes to inspire families to meet their infant feeding goals and support children experiencing feeding difficulties.



POSTPARTUM  
PLANNER



Created by:  
Megan Gallagher OTD/S, CBS



## Capstone Activities

### Education & Advocacy

#### Continuing education

- ❖ *Certified Breastfeeding Specialist* (CBS) from Lactation Education Resources
- ❖ *Bodywork for Better Breastfeeding* from Lactation OT

#### Lactation consultations

- ❖ Observed and collaborated with IBCLCs during in-home lactation visits

#### Weekly educational posts

- ❖ Topics were based on themes seen within home visits

#### Postpartum planner

- ❖ Created a free, comprehensive guide for new parents on what to expect and prepare for postpartum
- ❖ Developed in collaboration with local health professionals
- ❖ 100+ downloads

#### Webinar for professionals

- ❖ Presentation covering how infant feeding impacts all 9 areas of occupation and specific OT interventions
- ❖ Discussed mental health, sensory processing, ergonomics and postpartum recovery

#### Community events

- ❖ Ohio Lactation Consultant Association Conference
- ❖ Birthing Justice Event

#### Research

- ❖ *In-Home IBCLC Care and Duration of Breastfeeding: A Retrospective Study* \*manuscript in progress

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## Key References

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## QR Codes for Resources



eDossier



Postpartum  
Planner



Webinar