

DID YOU KNOW?

- ✓ Babies often drink less breastmilk per bottle feeding than formula.
- ✓ Most babies take between 19 and 30ozs of breastmilk per day from 1-6months of age.
- ✓ Breastmilk takes about 90minutes to digest, so feedings should be between 1.5 and 3 hours apart (younger babies often eat more frequently).
- ✓ Full production will happen at 7-10 days post-partum, with goal milk production of at least 750mL/24hours.



Breastfeeding Help:

Anoka County WIC:
763-324-4230

Anoka County Public Health Nurse:
763-324-4240

LaLeche League:
1-877-452-5324

National Women's Health
Breastfeeding Helpline:
1-800-994-9662

Mercy Hospital Breastfeeding Warmline:
763-236-7430

Video of hand expressing milk:
<http://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>

Video of hands on pumping:
<http://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html>



Breastmilk Storage Guidelines

	Room Temp.	Cooler with 3 Frozen Ice Packs	Refrigerator	Self-Contained Freezer Unit	Deep Freezer
Freshly Expressed Breastmilk	6-8 hours	24 hours	5 days	3-6 months	6-12 months
Thawed breastmilk (previously frozen)	Do not store	Do not store	24 hours	Never refreeze thawed milk	Never refreeze thawed milk



**Pumping
To Provide
Breastmilk**

This institution is an equal opportunity provider.

CONGRATULATIONS ON THE BIRTH OF YOUR NEW BABY!

Providing breastmilk in a bottle is important too!

The American Academy of Pediatrics encourages moms to provide only breastmilk for the first six months of baby's life for best health. It is then recommended to continue to provide breastmilk through the baby's first birthday or longer in addition to solid foods.

Breastmilk is...

- Full of natural protective ingredients that are not found in infant formulas
- Easily digested to reduce baby's risk of diarrhea and constipation
- Constantly changing to meet a growing baby's needs

Bottle Feeding your Breastmilk

- ◇ Mom should do most of the feedings for maximum social and emotional growth of your baby
- ◇ Always hold your baby and bottle during feedings; do not prop bottles
- ◇ Switch the side of your body that you hold baby on to help baby's eye development and hand-eye coordination
- ◇ Feedings should take around 15-20 minutes
- ◇ Do not force your baby to finish the bottle



Pumping

- ◆ Begin pumping within the first hour after delivery
- ◆ Establish milk supply with a hospital grade double electric pump (milk supply can be maintained on a personal double pump)
- ◆ Pump 8-12x in 24 hours, no more than 3 hours between pump sessions during day, allowing for a 5 hour sleep break at night.
- ◆ Pump for about 15-20 minutes, or until 5 minutes after the flow stops
- ◆ Hand express milk for increased production (see website on back of brochure for video)
- ◆ Use hands on pumping (see website on back of brochure for video)
- ◆ Make sure the flanges are the correct size for your nipples (nipples should not rub the side of the tunnel and too much areola should not be pulled in)

Increasing your Milk Supply

- ◇ Add an extra pumping or two—the more you pump, the more you will make (supply and demand)
- ◇ Try “power pumping.” Pump for 5-10 minutes every hour for one day
- ◇ Relax and imagine your baby while pumping
- ◇ Hold baby Skin-to-skin every day
- ◇ Eat a healthy diet with increased fluids and continue with multivitamins
- ◇ Call your WIC IBCLC or Breastfeeding Peer for more tips!

Tips and Tricks

- ✓ Milk production is often highest in very early morning hours – don't skip this pumping
- ✓ Go hands-free: Try a pumping bra or cut holes in sports bra for the flanges to go through
- ✓ Rinse your flanges immediately after pumping and put them in a clean plastic bag in the refrigerator. Wash/sanitize them at the end of every day, but not between each pumping session to save time.
- ✓ More power isn't better—pump at a comfortable suction level
- ✓ Pump directly into bags for storage