

“Mommy Help” for Busy Moms

**Going back to work/school?
Need a break?**

**This booklet answers questions on how you
can manage your busy schedule while nursing.**

Congratulations on nursing your baby!



Now that you and your baby have learned how to nurse, you may wonder how it is going to fit into your busy schedule. Nursing does not tie you down! Others can offer your baby mom's milk in a bottle or cup. Below are tips that will help you become successful at expressing and storing your own milk. By providing your own milk, you continue to nurture and protect your baby even when you are away!

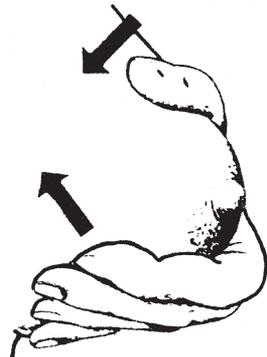
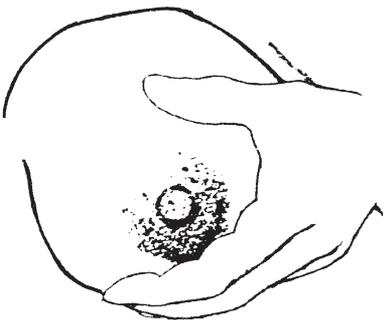
Milk Expression

By Hand:

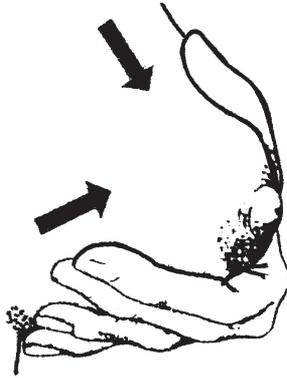
Some women prefer expressing milk by hand rather than using a pump. Try this method before you get a pump. Practice in a shower or tub first. The warm water will help you relax and allow your milk to 'let-down' or be released from the breast.

To express milk by hand:

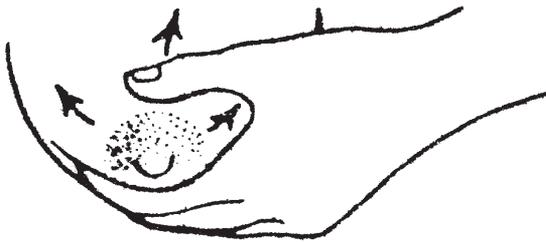
1. Place your thumb on the top of your breast and fingers below, keeping them behind the dark part of the nipple. Push them toward your chest.



2. Gently roll your thumb and fingers forward at the same time. Then change the direction and repeat the same motion.



3. Move your thumb and fingers a quarter turn and repeat until you have gone all the way around the breast. Change sides every 5 minutes or when the milk flow slows down. You may massage the breast with your other hand to keep the milk flowing.

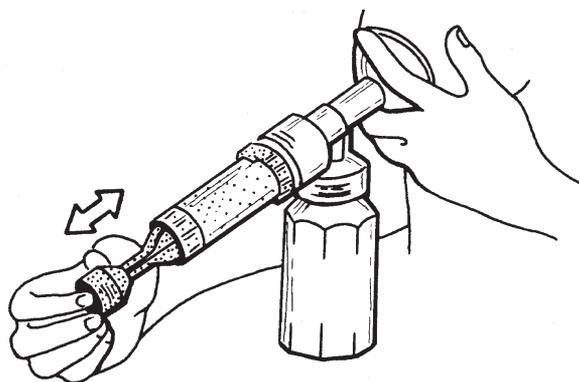




4. Collect your milk in a clean container. A wide-mouthed cup such as a glass measuring cup is a good choice.

By pump:

There are many types of pumps available. Talk to the WIC staff to find the one best for you. The pump you choose will have directions on how to use it. Follow the package directions. If you have questions, ask WIC for help.



Some mothers can express a lot of milk right from the start, others only a few drops. **The amount of milk you can express does not depend on how much milk you have!** You can have lots of milk but still need practice at getting it out!

A helpful tip when first starting out:

Nurse your baby on the first side, burp and instead of switching to the other side, continue to nurse on the first side. Pump your milk from the side your baby did not nurse. Pumping during or right after nursing will help your milk to ‘let-down.’ Express your milk after 1 or 2 feedings each day. You will need to pump 1-3 times to get enough milk for one feeding. It depends on how efficient you are in milk expression. You will get more efficient with practice.

Once you get used to pumping, it is also good to express milk between feedings. It will help you get used to pumping when you are away from your baby. The following tips will help you achieve a let-down:

- Find a warm, comfortable, private place.
- Relax for a few minutes, thinking about your baby or looking at your baby’s photo. The best way to get your milk to
- let-down is to relax. Try playing soft music.
- Place a warm, wet cloth on your breasts before pumping. Then gently massage your breasts for about 15 seconds.
- Try pumping your milk early in the morning. Many women find it easier at that time.
- Pump whenever your breasts seem fuller.

How long should a pumping session last?

- If using a single pump, try pumping for a total of 20-30 minutes. It may help to keep switching sides about every 7 to 8

minutes if the milk flow begins to slow down. Switching sides during the pumping may help prevent soreness and maintain good milk flow.

- If you are using a double pump, try pumping for a total of 10 to 15 minutes.



What if I am not getting much milk?

It is normal to not get much milk at first. Getting 1-2 ounces is normal when you first start pumping. Milk expression take practice.

The following tips will help:

- Try to achieve a let-down first. (See page 4.)
- Check the flange on your pump to make sure it fits your nipple properly. Talk to WIC if the flange seems too large or small.
- **Do not keep increasing the pumping time or raise the suction pressure too much on your pump.** This may cause sore nipples and will not increase the amount of milk you get.

For Baby's Sake! Keep Everything Clean!

- Wash your hands with soap and warm water before pumping.
- Clean your pump parts with soap and hot water after each use or according to the package directions.
- Clean any containers you use to collect or store your milk with soap and hot water, and air dry or dry with clean towel.

Storing Expressed Milk

Always refrigerate your milk after pumping. Store it in a clean bottle or disposable nurser liner bags and label it with the date you pumped. Use the oldest milk first whenever possible.

To store milk in the refrigerator or freezer, WIC suggests the same

guidelines that day care centers use:

- Room temperature: 1 hour
- Refrigerator: 2 days
- Freezer: 3 months

Keep in mind that guidelines on milk storages for home use vary. For instance, refrigerator guidelines can range from 2-8 days! The rule of “4” is an average of the different opinions:

- Room temperature: 4 hours
- Refrigerator: 4 days
- Freezer: 4 months

If you use nurser liner bags for milk storage, double bag the milk or put a single nurser liner bag inside a plastic container with a lid or into a freezer zip lock bag. Another option for milk storage is a clean glass jar of any size.

Since milk expands when it freezes, only fill the bag or jar $\frac{3}{4}$ full. If using a bag, squeeze out the air from the top. Twistie tie about an inch above the top of the milk. Place it upright.

Chill your milk before adding it to any containers of milk you already have in the refrigerator or freezer. To prevent germs from growing, add cold milk to cold or frozen milk.

Only fill your bottles with the amount of milk your baby can take at one feeding. Most newborns drink about 2 to 4 ounces per feeding. Older and larger babies may drink 4-6 ounces.

Expressed milk may separate into layers. It will look like skim milk with a cream layer on top. This is normal and does not mean that your milk has gone bad. Just gently swirl before feeding the baby.

Use an ice chest or ice pack to transport expressed milk. It can spoil if left out at room temperature too long.

Thawing and Warming Expressed Milk

Frozen milk may look yellowish. This does not mean it is spoiled.

One way to thaw expressed milk is by placing it in the refrigerator. It will take about 8 - 12 hours to thaw.

You can also thaw it by holding the container under cool, running water. Slowly change the temperature to luke-warm or put it in a pan of luke-warm water. You can warm milk this way also. Once thawed, gently swirl it to mix the layers of milk. Use thawed milk within 24 hours. Never re-freeze thawed milk.

Do not thaw or warm milk in *hot* water. This may curdle the milk and your baby will not like the taste. Do not thaw or warm milk in the microwave. This changes some of the nutrients. It can also create hot spots which can burn your baby's mouth and throat. Only warm milk to room temperature. Test the temperature by putting a few drops of milk on the inside of your wrist.



When Do I Need to Throw Milk Out?

It is rare that you would need to discard milk. However throw it away if:

- fresh milk has been in the refrigerator longer than recommended or thawed milk has not been used within 24 hours.
- you must take a medication not recommended for nursing moms. (Keep in mind that most medications are considered safe while nursing. Ask WIC to look up your medication in a reference book and discuss this information with your doctor or pharmacist.)
- you have been drinking alcohol. (Having one drink has not been found to be harmful.)

If you use breast shells, throw away any milk that leaks into the shells.

If your baby does not empty the bottle, throw away left-over milk in the bottle.

If you or your baby currently have thrush/yeast do not freeze milk. Use the milk the same day or throw it away.

What if my milk looks or smells ‘funny?’

Sometimes milk can have a slight shade of color such as blue, green, orange, etc. This is usually due to something you ate or drank, such as orange soda. This will not hurt your milk or the baby.

A few moms report that their milk smells funny even though they are storing their milk properly. It may be due to enzymes that start

digesting the milk while it is in storage or changes that occur because of self-defrosting freezers. If you notice this problem, try slightly scalding the milk to deactivate the enzymes before storing it. It does not work to warm it afterward.

Bottle Training the Breastfed Baby

Feeding from a bottle is different than nursing at the breast. It will be a new skill for your baby to learn. It is best to wait until your baby is 4 weeks old before you offer a bottle. (However, if you must return to work 4-6 weeks after delivery, you may need to start a bottle at about 2-3 weeks of age.) If you begin a bottle too early, your baby may become confused by the new type of nipple and then refuse to nurse at the breast. Another way to avoid nipple confusion is to offer a cup. Even very young infants can cup feed. Ask WIC staff to show you how.

Bottle Training Recommendations:

- Try different types of bottle nipples to see what your baby prefers. A nipple that has a large base on the bottom or that is wide may be better. These types of nipples will help your baby to open his mouth wide like when nursing.
- Start bottle training before 6 weeks of age
- Someone other than mom should do the ‘training.’ Your baby will prefer to nurse when with you.
- Nipple size may need to be larger than a newborn size but once again you will need to experiment.
- Nipple flow is up to the baby. Some need slow. Some medium.
- Bottle type does not matter despite what you read in advertisements. Always keep fluid in the neck of the bottle.

- Never prop a bottle. This can cause choking or ear infections.
- Start with ½ to 1 ounce of expressed milk. Introduce this to the baby between two feedings. Expect any reaction. Do not ‘fight’ with the baby. Remember, this is a new skill for the baby.
- Train 3 days in a row then skip a day and continue until the baby will take from the bottle. Training may take 1-2 weeks. Some babies will not train to the bottle if they can see or hear mom

If you have any questions or problems regarding bottle training call WIC.



Returning to Work

Returning to work can be a challenging time for a mother. Planning ahead will help you to be more successful. You have two options for returning to work.

1. Providing only mom's milk. (Baby gets the most health benefits)
2. Providing mom's milk and some formula. (Baby gets more benefits than if only on formula.)

Note: If you find a care giver close to work or school, you may be able to go to your baby on breaks to nurse or have the care giver bring the baby to you.

Option 1: Only Mom's milk

Start expressing and storing your milk about 3-4 weeks before you plan to return to work. When starting out, you may find it easier if you let the baby nurse on one side and then pump the other side during or right after nursing. Once you get used to it, try pumping between feeds.)

Also begin 'bottle training' the baby. Once the baby will accept a particular nipple, continue to offer a bottle 1-2 times each week so the baby will accept the bottle when you go back to work.

About 1-2 weeks prior to returning to work have the baby spend a few hours with your child care provider between a feeding and during a feeding. Give your provider written instructions on how to store expressed milk.

About 2-3 days before you return feed the baby according to your work schedule as this will help your baby and breasts to adapt to the back to work hours.

While at work: Pump 1-3 times, depending on how many hours you work. You can use break and/or meal times. Single pumping will require 20-30 minutes per session, double pumping 10-15 minutes.

Other helpful tips when returning to work:

- Start back to work on a Thursday or Friday so you have the weekend to rest after this change in your life.
- Take a cooler with ice or cold packs or check if safe refrigeration is not available at work.
- Use frozen milk according to pump dates, using the oldest milk first.
- Feed your baby before leaving for work and upon returning home. Remind your care giver not to feed your baby within ½ hour of your return. If your baby wants to eat within an hour or



two before your return, tell the caregiver to only give 1-2 ounces so the baby is not overly full.

- Nurse more in the evening hours. Exclusively nurse on your days off. This will help maintain your milk supply.
- Give your care giver some extra expressed milk in case of spillage, baby growth spurt or in case your baby still wants a little more after a feeding.
- Write down your baby’s usual feeding times and ask your care giver to stay close to this schedule. Put your baby’s name on the bottles.
- Fluctuations in milk supply will occur particularly the first week and after 1-2 months of pumping.
- Take nursing pads and an extra top to work in case of leakage.

What if my milk supply starts decreasing?

- Pump 1-2 times on your days off or “empty” breasts before you go to sleep.
- You can also try ‘power pumping.’ It will take several days of breast stimulation by ‘power-pumping’ to build up your milk supply. You will **not** see immediate results.
 1. Pick a 50-minute period each day for a total of three days.
 2. During this 50-minute period, pump for 10 minutes and take a 10-minute break. Then pump another 10 minutes followed by another 10-minute break. Then pump a final 10 minutes. Example: Pump at 12:00 then break at 12:10. Pump at 12:20 then break at 12:30. Pump at 12:40 and finish at 12:50.
 3. Follow this schedule for at least 3 days.



Option 2: Mom's milk at home – formula when at work

3 weeks before returning to work, start 'bottle training' the baby using formula instead of expressed milk. Begin with ½ to 1 ounce of formula. Once the baby will accept a particular formula, increase the amount of formula to 1-3 ounces. Offer a bottle 1-2 times each week so the baby will accept the bottle when you go back to work.

2 weeks before returning to work, replace 1 full feeding with formula during the hours you would be working. Do this 2-7 days until your milk supply adjusts.

1 week before returning to work, replace another feeding with formula during the hours that you would be at work. Your baby and milk supply will adjust. Do this 2-7 days until your milk supply adjusts.

Other tips when going back to work:

- Start back to work on a Thursday or Friday if you can so you have the weekend to rest after this change in your life.
- Remind your child care provider not to feed your baby within ½ hour of your return so that your baby will be ready to nurse.
- After you return to work, some babies become impatient, fuss, or refuse to nurse when you return home. Be patient with yourself and your baby. Continue to offer the breast.
- Continue to nurse more often when you are with your baby (right before and after work and in the evenings.) Also, nurse exclusively on your days off. This helps maintain your milk supply and will reduce the amount of formula your baby needs while you are at work. Remember, the more mom's milk your baby gets, the more health benefits he gets!
- Your baby may decide to eat less often during the day to enjoy more time nursing with you in the evening. Your care giver may seem worried if your baby does not eat much during the day.

Just keep track of how many wet diapers and bowel movements your baby has. As long as he has 4-6 wet diapers each day and moves his bowels, he is getting enough to eat.

- Take nursing pads and extra top to work in case of leakage.

Milk Leakage

Once your body gets on a nursing schedule, this should happen less often.

To help control leaking:

- Use your forearms to apply gentle pressure on the nipples.
- Wear nursing pads (without plastic liners) inside your bra to catch the milk or place a clean, cotton cloth or hanky inside your bra.
- Wear print tops instead of solid colors to help hide the leakage and have an extra sweater or jacket to cover up, just in case.



Nursing longer than 12 months

Did you know that your baby's brain grows and develops the first 2 years after birth?

Did you know that most childhood illnesses, such as ear infections and respiratory infections, occur in the first 2 years?

Did you know that the foundation of mental health is developed in the first 2-3 years?

Did you know that women who breastfeed have less pregnancies in their lives than women who formula feed?

These are just some of the reasons why it is good to nurse a baby long term!

When should I wean?

Everyone has opinions about when you should wean your baby! But, what is the right time? That depends on what you can do in your situation.

Here are some facts to keep in mind:

- Any amount of nursing is better than none at all. The longer you nurse, the more protection your baby receives. The American Academy of Pediatrics (AAP) recommends mom's milk only for the first 6 months of life and mom's milk plus baby foods after 6 months.
- Weaning is best done over time. It begins when you start adding other foods. It ends when the baby is completely off the breast.

- The worldwide average for weaning is 3 years old! How long should you nurse? AAP provides a ‘healthy baby’ guideline: Nurse at least 1 year. Nurse even longer, as long as both of you desire.
- Nursing is good for babies **and** toddlers! Nursing does **not** make a toddler overly dependent. It makes toddlers feel loved and secure.
- There are three types of weaning: baby-led (baby starts losing interest in nursing), mother-led (mom starts losing interest) and abrupt (an emergency situation arises where mom must wean).



•Do not abruptly wean. It hurts and is not good for you or your baby.

The best ones to decide when to wean are baby and you!

Ask WIC staff for advice on how to wean in your situation. If you nurse your baby for a year you should feel very proud. At 12 months, if you and your baby want to continue to nurse, go ahead. It's good for both of you.

Enjoy this time you have with your baby!

You can fit nursing into your busy schedule. The baby stage is really a short time even though at times it feels like forever. Nurse your baby as long as you can. When you go back to school or work, the time spent nursing your baby is special and precious.

The Pennsylvania WIC Program



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