

Breastmilk and Your Baby



MOTHER'S MILK AS MEDICINE

Table of Contents

Importance of Breast Milk.....1

Getting Started.....2

 Hand Expression.....2

 Pumping.....2

Oral Care.....3

Ensuring Adequate Milk Supply.....4

 Tips for success4

Conclusion5

Breastmilk is the Best Medicine

The American Academy of Pediatrics recommends breast milk for your baby.

Pumping can be challenging, but there are many potential benefits, so do not give up!

We would love to support you and your breastfeeding adventure.

- Please discuss you milk supply with your medical team
- Please discuss introducing breast feeding before bottle when applicable.

Ensuring Adequate Milk Supply

Do not be discouraged, pumping can be difficult. Here are some tips for increasing your milk supply.

1. Spend time with your baby.

Increasing skin-to-skin time with your baby is a great way to increase your milk supply. If you are not able to hold your baby for medical reasons, try pumping at the bedside. You may also try holding a picture of your baby or smelling a blanket your baby used.

The more time you spend skin-to-skin- with your baby the more your baby will benefit and the more milk you will make.

2. Pump more frequently 10-12 times a day.

The best way to make more milk is to empty the breasts more often. Try hand expression after each pumping session.

3. Seek Help.

Have WIC breastfeeding peer counselor or lactation consultation help you. Additional resources include:

- Texas WIC Lactation Support Hotline
www.breastmilkcounts.com
- Kelly Mom Breastfeeding and Parenting
www.Kellymom.com
- Texas Lactation Support Hotline
(Houston: 1-877-550-5008)

4. Take Care of Yourself

Importance of Breastmilk

Benefits for Mother



Less bleeding after delivery

Delayed return of menstrual cycle

Earlier return to pre-pregnancy weight

Less risk of breast and ovarian cancer

Less depression after delivery

Benefits for Baby



Less risk of sudden infant death syndrome and death

Less risk of multiple types of infection

Less risk of allergies and asthma

Less risk of obesity and diabetes

Less risk of some cancers

Better growth

Better neurodevelopmental outcomes

Breastmilk Is the Best Medicine You Can Give your Baby

Getting Started

Hand Expression

Mother's should hand express milk within the first hour after birth for 5-7 minutes per breast.

To hand express wash your hands and then press your finger and thumb toward your chest, squeeze gently and catch your milk in clean container.

Hand expression is good and can be done after a pumping session, but does not replace the need for a breast pump.

"Starting early makes a difference for future milk production" – Kellymom.com

Pumping

Mothers should pump within 6 hours of baby's birth and should continue to pump every 2-3 hours (8-10 times in each 24-hour period) for 15- 30 minutes per session, *even though baby is in the NICU*

Mothers should use a hospital grade double electric breast pump

To obtain a pump

- Talk to your bedside nurse and lactation consultants
- Call your insurance (including Medicaid) or WIC; pumps may be provided
- Rent a pump from the hospital

The more you pump the more you will produce. Pumping takes time and patience.

It may be helpful to keep a pumping log on paper or through an app.

Milk supply should increase each day with goal of 750 ml per day of milk by 2-3 weeks.

Day of Life	Goal per session
Day 1	None- Drops
Day 2	None- Drops
Day 3	5-10 ml
Day 4	10-20 ml
Day 5	20- 30 ml

Oral Care

Oral Care is applying mother's breast milk to the inside of the baby's mouth.



Colostrum is the first milk a mother makes.

Colostrum is extra full of antibodies and protein that will help protect your baby and help him grow.

In most cases, your colostrum can be given to baby even if baby isn't eating yet.

Even the tiniest amounts of colostrum are good for baby.