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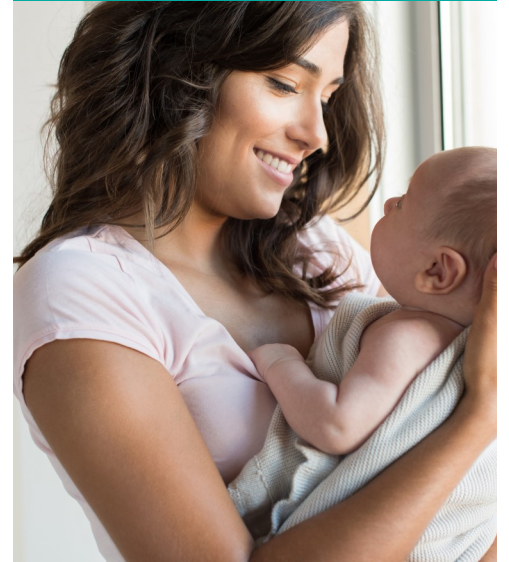
THURSDAYS

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May/June
2023

breastfeeding



Helpful Tips on Pumping...

Carli Chapman

WIC Breastfeeding Peer Counselor

Whether you're heading back to work or heading out for an evening, **most new mamas eventually need a break from breastfeeding.**

Enter the breast pump...

This handy tool **not only allows you to fill a bottle with your precious milk,** but it can also **help maintain your milk supply, relieve engorgement and create a backup stash** for your freezer.

That being said, many women have a love/hate relationship with their pump.

They love it because it gives them a way to express their breastmilk so their baby can have it in a bottle when they are away.

They hate it because, let's face it, it's not fun. It's **tedious work.** And, if you do not get the amount you hoped for, it is disappointing.

Pumping is a skill just like breastfeeding your baby. It might seem daunting at first, but it really isn't complicated at all once you get the knack of it.

When you pump, **make sure you are following a routine.** Pump in the same **place, at the same time, and look at the same picture or video** of your baby. Doing this will **help relax you and trigger your milk ejection reflex.**

Now that you have yourself all relaxed and ready to go, start the pump.

While you're pumping, **try one of two things: either imagine a flowing stream or look at a picture or video of your baby** (nothing will trigger a letdown faster than **watching a video of your baby crying**).

This will help with your letdown reflex. If you are easily distracted, then **put on your favorite song or listen to nature sounds** to keep you relaxed.

Doing all of this will make pumping more like something you want to do rather than something you must do.

Let me know if I can help or answer any questions you might have! I'm here to help!

Source: What to Expect



Q: When should I start pumping in preparation for returning to work?

Answer: It is hard to be separated from your baby, but being able to nurse when you are together benefits both of you physically and emotionally.

The look on your baby's face when you walk in the door after a long separation as he eagerly anticipates 'reconnecting' at the breast makes the effort of maintaining the nursing relationship well worth it.

Breastfeeding experts recommend to begin pumping as early as three weeks and introducing your baby to the bottle at three to four weeks of age because it is good for your baby to get used to having breast milk from both you and the bottle. Breast milk bottle-feeding will allow working moms flexibility!

You'll get a feel for how much he will eat at each feeding as he begins to take bottles on a regular basis. When in doubt, see the baby's health care provider for further information or advice.

Source: Breastfeeding Basics

Simple Ways to Tell If Baby Is

Getting Enough Milk

Once your milk comes in, the theory of “**what-goes-in-one-end-comes-out-the-other**” works; **four to six wet diapers and 3-4 bowel movements in 24 hours** that first week or so usually indicate the **baby is getting an adequate volume of your milk.**

Your **breasts feel softer after nursing** (because your baby has emptied some of the milk that was making them firm). Your **baby will seem relaxed and satisfied** after a feeding.

Your **baby should continue to gain weight after gaining back the weight they initially lost** after birth. (Most babies lose up to 7 percent of their birth weight and then regain it by the time they’re about 2 weeks old.) Baby should be **at least back to birth weight at 14 days.**

A rough guideline: Your **baby should gain about 6 to 8 ounces a week** for the first four months, and then about **4 to 6 ounces per week from 4 to 7 months.**

If you’re **concerned that your baby isn’t getting enough milk, call your baby’s doctor or check in with a nurse or lactation consultant.**

Sources: LaLeche League

Advantages of Using a Pump

Saved time. Using a breast pump gives you more control over the timing of feedings for your baby. You can create a schedule that works for you and pump at those times.

Shared duties. When breast milk is pumped and stored, it’s easier for others to help with baby care and feed the baby. This can be especially helpful when mothers are recovering from childbirth or during the many nighttime wakings to feed the baby.

Increase supply. Pumping can help mothers increase their breast milk supply. It can also help create an extra supply of milk that can be kept in the freezer if needed.

Breaks. Because mothers can store an extra supply of breast milk, it gives them more flexibility. They have more freedom to leave the house for a few hours, take a vacation, and enjoy a break knowing that their baby will still have access to healthy breast milk.

Donor milk. When a woman cannot produce milk, pumped milk from a donor can be an option if available. Pumped milk is sometimes the only way a baby can get breast milk.

Sources: WebMD



Mom of the Month

Carrie Feeney with Forrest & Stella

I have six kids ages 8, 7, 6, 4, and lastly 6-month-old twins with my husband Cody. I am so thankful I have been able to breastfeed them all, some more successfully than others. Nursing got easier with each baby, that is until we were shocked with twins!

I suddenly became like a first-time mom again, reading ALL the blogs and scrolling Pinterest to see how other families handled the adjustment of having multiples. When they were finally born at 38 weeks, I expected to have a bit of a struggle trying to tandem nurse. These babies struggled with latching for about a week which was very painful for me.

I did not let that discourage me, I nursed them as often as possible and turned to my trusty pump when they couldn’t nurse. It wasn’t until they were close to two months old, when they had decent neck strength, that I was able to tandem nurse the twins, and now it takes no effort at all.

I sadly had to return to work after only 12 weeks off. I am a nurse and work 12-hour shifts three to four days a week, so I do pump, in addition to on demand nursing, to make sure we always have plenty of milk for them when I am not home.

I have a hands-free portable pump (Elvie) that I use while at work which is convenient, but for me personally, not always very effective.

I hope to continue breastfeeding these little goobers until they are a year or year and a half old. The wholesome nourishment is amazing, but the incredible relationship you form with your baby in that time cannot even be put into words! Breastfeeding, no matter how your journey looks, is a huge accomplishment and is most definitely something to be proud of!

Livingston County Health Center

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