

Breastfeeding

Breastfeeding

- ▶ Babies get health benefits from breast milk that they don't get from formula
 - ▶ The longer you can breastfeed or provide breast milk, the better
 - ▶ Because of this, we will urge you to breastfeed your baby for the first 6-12 months of your baby's life if you are able
- ▶ What are the good parts of Breastfeeding for your baby?
 - ▶ Breast milk will help your baby's brain grow, help their eyes and vision develop and improve their health
 - ▶ Babies who receive breast milk are less likely to be sick as often as formula fed babies, and have fewer feeding problems
 - ▶ Babies who receive breast milk also tend to have fewer allergies and have a lower risk of Sudden Infant Death Syndrome (SIDS)
 - ▶ Breast milk also keeps your baby's stomach healthy
 - ▶ This means that your baby might have fewer stomach upsets, diarrhea and other stomach problems

Breastfeeding

- ▶ What are the benefits of breastfeeding for mom?
 - ▶ Breastfeeding helps you bond with your baby
 - ▶ By being close with your baby, you learn things they like, don't like and how they communicate this with you
 - ▶ Your baby will have less stress when learning to eat if they start with breastfeeding compared to bottle feedings

Breastfeeding in the NICU

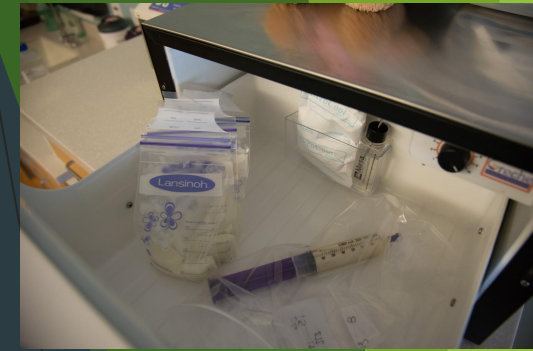
- ▶ It is common for moms of NICU babies to have a hard time keeping a good milk supply in their breasts, this could be for many reasons
 - ▶ For example, many parents feel a lot of stress with a baby in the NICU and you may not be able to spend as much time as you would like with your baby because they are in the NICU
 - ▶ It could also be due to hormone changes that do not happen as naturally if your baby had been born at term (40 weeks)
- ▶ You can help increase your breast milk supply by pumping often, doing Kangaroo care and taking care of yourself
- ▶ Let your nurse know if you have questions or concerns about pumping and producing milk and breastfeeding, they can ask for a visit with a lactation specialist
 - ▶ A lactation specialist is a nurse specially trained to help moms nurse/breastfeed and with breastfeeding issues
- ▶ It is important not to view breastfeeding as “all or nothing”
 - ▶ Any milk you can give to your baby is important!

Pumping

- ▶ You will need a breast pump and kit
 - ▶ Pumps are in your baby's room for you to use when you visit
 - ▶ For home, pumps can be rented from the "Baby Joe's" store near the elevators
 - ▶ Ask lactation or your nurse if you did not receive a pumping kit shortly after delivery
- ▶ It is important to start pumping as soon as possible after you deliver the baby
 - ▶ Wash your hands with warm soapy water before pumping and touching pump parts
 - ▶ Pump 8-12 times in 24 hours (1 day), including 1 time at night
 - ▶ Keep a record of each time you pump
 - ▶ There are apps available to help you track pumpings on your smartphone, we can also provide you with a pumping log
- ▶ Every time after you pump, clean all pump parts with hot soapy water and set to dry in a clean area
 - ▶ Sanitize your pump parts (except for the tubing) 1 time every 24 hours in a sanitizing steam bag
 - ▶ Leave the tubing attached to the pump and run 1 pumping cycle to dry out any moisture
 - ▶ You can get the the steam bag from lactation or your nurse. There is a microwave available in the parent lounge

Storing your Breast Milk

- ▶ Store any pumped milk in hospital approved storage containers or bags
 - ▶ Use syringes for small amounts and milk bags for larger amounts
 - ▶ Do not leave storage bags or containers open to air
 - ▶ Always label your milk with barcode labels we give you
 - ▶ Before putting the label on your milk, make sure to write the time and date on the label
 - ▶ Your nurse will give you storage containers and labels - ask for more anytime you need them
- ▶ Newly pumped milk is good for:
 - ▶ 4 hours at room temperature
 - ▶ 48 hours (2 days) refrigerated
- ▶ You can start bringing milk to your baby in the NICU as soon as you get it
 - ▶ Please set it on the counter and alert your nurse so they can scan into the computer any milk you bring in - we want to make sure your baby gets your milk
- ▶ In the NICU milk will be stored in a small refrigerator in your room and picked up once a day by the nutrition tech to be stored in large freezers in our milk room



Bringing Milk From Home

- ▶ At 48 hours you should put your milk in a freezer for storage
 - ▶ It is best to store your milk in milk bags lying flat that can be easily stacked - you may use up a lot of space if you get a lot of milk
- ▶ Milk frozen in a deep freeze will last for 6 months
- ▶ It is helpful to have a small insulated bag or cooler with ice packs to bring in frozen milk from home

Breastfeeding

- ▶ Breastfeeding Tips:
 - ▶ When your baby is ready to breastfeed, your nurse and/or lactation specialist will provide you with helpful tips along the way.
 - ▶ They will help you work on the best position for you and your baby.
 - ▶ The most common and most supportive positions for preemies who are learning to breastfeed are the football and cross-cradle positions.
 - ▶ You may be encouraged to use a nipple shield to help your baby latch.
 - ▶ All feedings, breast and bottle, should occur when your baby is ready and showing readiness cues.
 - ▶ Please see Nippling Readiness Video
 - ▶ Breastfeeding is not an easy skill for you or your baby and can be more tricky for a preemie. It is important to ensure good support for you and your baby:
 - ▶ Use pillows for your arms and your baby to rest on.
 - ▶ Use a foot stool (attached to the bottom of most hospital recliners).
 - ▶ Preemies need good neck and back support to maintain a good latch and to swallow/breathe safely.

Football Hold



Cross-Cradle Hold

