

MOM MONDAY

- ◆ Our Baseline data is back! In our analysis we need to work on getting our mothers pumping within the 6 hour time frame. Here are some strategies to help you accomplish that!
- ◆ **MOM Initiative recommendations:**
 - Each NICU should designate a responsible provider to be available to assist with expression of mother's own milk.
 - We will be working with our colleagues in other areas to help make this happen.
 - The goal for first pumping occurrence is within the infant's 6th hour of life.
 - Our lactation consultants are working with the nurses in transition and PACU to accomplish this
 - Promote the message to "pump early, pump often", with a minimum of 8 pumping sessions ranging 15-30 minutes long.
 - You can remind you moms of this when they visit. Also allow them to pump at the baby's bedside.

Breast pumping assistance

Nursing staff who care for the mothers during their hospitalization are in an ideal position to assist with pumping initiation and support. When mothers are separated from their infants and not able to directly breastfeed, initiation of pumping should occur as soon as possible, ideally within 6 hours of delivery. Mothers of VLBW infants produce significantly more milk throughout the first 6 weeks when pumping is initiated within 1 hour of delivery. Mothers should have a minimum of 8 pumping sessions per day for a minimum of 15 minutes and until 2-3 minutes after milk stops flowing. At least one session should be at night. This mimics a term newborn's feeding pattern and provides breast stimulation during the period of natural postpartum elevation in prolactin levels. Additionally, this breast stimulation is critical to support the onset of copious milk production by 72 hours, also known as lactogenesis providing a consistent message of "pump early, pump often" can decrease time to first pumping and increase pumping at night.



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Did you know?

- ◆ Colostrum is the early milk that a mom's body makes during the first few days after giving birth. It is different from the milk that is made later in lactation. Colostrum contains high amounts of antibodies and other substances that help to protect babies from infection, bowel diseases, and other complications. Colostrum is like a medication for the baby, and every drop that a mom produces should be collected and saved. Even if the mom does not intend to breastfeed we should encourage the moms to remove the colostrum from their breasts so it can be fed to the baby.
- ◆ **Our Education program is coming soon. Details in next week's edition.**