

MOM Monday # 6

September 19, 2016

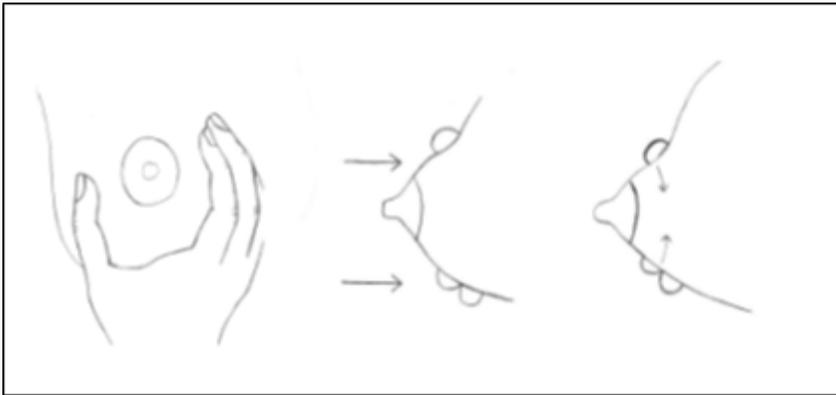
Teaching Mom to Hand Express and Pump

Mothers who pump within 6 hours of delivery are more likely to continue to breastfeed their babies for the recommended 6 months

Combining hand techniques with electric pumping increases milk production in moms of preterm infants

Hand expression routine:

1. Stimulate breast with massage
2. Gently grasp the breast with thumb and forefinger at the approximate location of where the baby's lips would locate for a correct latch
3. Pull the breast back toward the chest wall
4. Using forefinger and thumb gently compress and roll towards nipple in a steady rhythm without sliding fingers along skin
5. Milk may take a few minutes to appear
6. Rotate fingers around the breast to express all quadrants of the breasts



Pumping Tips

1. Remind mom to every 2- 2.5 hours when awake
2. Pump both breasts at the same time
3. Pump 8-10 times a day (do not sleep longer than 5 straight hours without pumping)
4. Massage breasts before and during pumping
5. Any colostrum or milk collected should be properly labelled and brought to the NICU.



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Did you know?

Pacifiers are okay for premature infants.

Pacifiers are not recommended for term newborns while in the hospital as the pacifier could interfere with breastfeeding (see Baby Friendly Friday newsletter #4 for more information). Studies have shown that premature babies transfer more quickly from tube to breast/bottle-feeding, and feed more effectively, if they are given a pacifier to suck on before feeds. Premature babies need to develop a skill known as "non-nutritive sucking," This skill is critical for breathing, feeding, self-comforting, and growing both physically and neurologically. This behavior begins developing when the fetus is at the 28 week stage, and continues to develop till birth. When a baby is born prematurely, this skill may not have developed for a proper breathe-suck-swallow reflex.

One point to remember. Always use an approved premie pacifier!

