

Breastfeeding Pathway

for all mothers with a
baby in the Neonatal
Intensive Care Unit



One step at a time...

Step 1: Oral care

- When we use your colostrum or breast milk to swab inside baby's cheeks.
- We can do oral care even if your baby is not eating.
- Pump 8-10 times per day including once at night
- Every drop counts!

Step 2: Skin-to-skin (Kangaroo) care

- When you hold your baby on your bare chest and baby is only wearing a diaper and hat.
- Dad can do this too!
- Your body will keep your baby warm.
- Most babies do great with Kangaroo care. Your baby's nurse will help you.
- Helps with keeping up milk supply.

Step 3: Non-nutritive breastfeeding

- When your baby practices breastfeeding without actually drinking your milk.
- You will pump before putting your baby to the breast.

“Mother's milk, time tested for millions of years, is the best nutrition for babies because it is nature's perfect food.”

— Robert S. Mendelsohn

Step 4: Nutritive breastfeeding

- When you start to breastfeed your baby.
- Ask your baby's nurse or Lactation Consultant, if you have questions or need help.

Step 5: Breast and bottle feeding

- While your baby learns to breastfeed, she may also need to learn to drink your milk from a bottle.

Step 6: Discharge planning

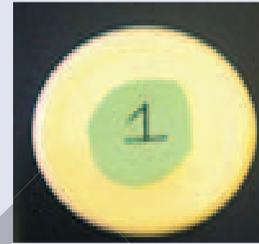
- We will work with you to make a plan to feed your baby at home.

Your breast milk is like medicine for your baby that only you can provide!

We encourage you to provide your own milk (pumping) even if you don't plan to feed your baby at your breast.

Learning to pump takes practice. Pumping tips are on the back.

Ask your baby's nurse about skin-to-skin. If you are interested in feeding your baby at the breast, we are here to help you.



1. **Correct placement of label on bottle.**

2. **Correct placement of labels for twins or triplets.**

3. **Colored dot on top of bottle with number of pumping.**

Pumping Tips

1. The sooner you pump after birth the more milk you will make. Start pumping as soon as possible. Pump 8-12 times a day and expect only a few drops of colostrum, which will help your baby fight infection.
2. Before you start pumping wash your hands, do not wash your breasts — a daily shower is plenty. Get comfortable, relax and think about your baby. You can pump at your baby's bedside in the NICU.
3. Start pumping for your baby using the "preemie mode" setting on the breast pump. Remember to use hand expression while you pump to get all the colostrum out of your breasts for your baby.
4. Start using the "standard mode" setting on the breast pump when you get at least 20 ml three times in a row. Staff can show you how. The standard mode will help keep your milk supply up.
5. **Use the pumping log in your kit to keep track of when you pump and how much you get each time.**

Cleaning your pump parts

- Clean all parts that touch your breast or breast milk with mild soap and water and let them air dry. Use a yellow basin to wash your parts and store them in the NICU. You should sterilize your pump parts (breast flange and valve assemblies) once a day. You can do this with a Micro-Steam bag. Please ask your nurse for one and follow the directions on the bag.

Labeling your breast milk

- Your nurse will provide you breast milk labels to place on your breast milk bottles. These labels identify your milk. Write the time and date when you pumped on the label.
- Place the label up and down on the bottle (see picture 1). If you have twins or triplets, place a label from each baby on the bottle (see picture 2).
- Also place a circle label on the top of the lid and number the bottles 1-60 (see picture 3). 1 for the first bottle you pump, 2 for the second, and keep going until you reach 60.
- Get plenty of extra bottles and labels before you go home from your baby's nurse.

Transporting your breast milk from home to the NICU

- To bring your milk to the NICU please use a cooler to keep it frozen or cool. Frozen blue ice works best. When you get to the NICU, tell your baby's nurse and she will collect the breast milk from you.
- If you are visiting daily, you don't have to freeze your milk. Just keep in the refrigerator and bring it to the NICU in a cooler. If you will be visiting less frequently, freeze your milk and bring it to the NICU frozen in a cooler.

Nurses and lactation specialists can help you or answer any questions.

Phone numbers:

Tampa General Hospital Jennifer Leigh Muma NICU: (813) 844-7224

Tampa General Hospital Lactation Support: (813) 844-7613