

MOTHER'S OWN MILK

Patient Education Tool




Colostrum and Breast Milk is the best medicine for your baby!

- 👶 If you are interested in feeding your baby at the breast, we are here to help you.
- 👶 We encourage you to pump to provide your own milk even if you don't plan to feed your baby at your breast.
- 👶 Learning to pump takes practice



Did you know?

- 👶 A mother's breasts are ready with colostrum, to feed her baby after 16 weeks of pregnancy.
 - 👶 Mother's milk provides the nutrients that babies need whether born early or at term.
 - 👶 Mother's milk changes as your baby grows and continues to provide all the nutrients your baby needs through 6 months of age.
 - 👶 Mother's milk is a living substance that changes according to your baby's needs.
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Breastfeeding Benefits

For Mom

Breastfeeding burns as many as 500 extra calories each day, which may make it easier to lose the weight you gained during pregnancy.

Women who breastfeed longer have **lower rates of type 2 diabetes, high blood pressure, and heart disease.**

Women who breastfeed have **lower rates of breast cancer and ovarian cancer.**

Breastfeeding triggers the release of **oxytocin** that causes the **uterus to contract** and may **decrease** the amount of **bleeding you have after giving birth.**

For Baby

Breast milk has the right amount of fat, sugar, water, protein, and minerals needed for a baby's growth and development.

Breast milk is easier to digest than formula, and breastfed babies have less gas, fewer feeding problems, and less constipation.

Breast milk contains antibodies that protect infants from certain illnesses, such as ear infections, diarrhea, respiratory illnesses, and allergies.

Breastfed infants have a **lower risk of sudden infant death syndrome.**

If your baby is born preterm, **breast milk can help reduce the risk of many of the short-term and long-term health problems.**



SEVEN STEPS TO SUCCESSFULLY PROVIDING MOM'S OWN MILK IN THE NICU

Step 7: Start breastfeeding when my baby is ready to feed by mouth.

Step 5: Seek help if I am not making at least 500 ml each day (~ 16 1/2 ounces) by the time my baby is 7 days old.

Step 3: Keep pumping every 2-3 hours or 8—10 times a day.

Step 4: Hold my baby skin to skin as often as possible.

Step 6: Have my baby nuzzle at my breast during skin to skin.

Step 2: Obtain a double electric pump for use at home before I am discharged from hospital.

Step 1: Start to pump within 6 hours of delivery.



Providing Mother's Milk to your Premature baby




Steps 1-3


PUMP! PUMP! PUMP!




Pump Early, Pump Often

- 👶 **The best time to begin pumping is ASAP and within the first 6 hours of birth.**
 - 👶 We recommend pumping every 2-3 hours while awake with a goal of at least 8 pumping sessions per day, with at least one pumping session at night.
 - 👶 Hand expression after pumping can help remove and collect colostrum for your baby.
 - 👶 **Remember Learning to Pump takes Practice!**
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Learning to Pump takes Practice!

- 👶 All of our nursing staff can help you with pumping.
 - 👶 The Lactation Consultant or Nurse will provide further education and support before you are discharged from the hospital.
 - 👶 Hospital grade electric pumps are available (rental or loaner) and they are best for initiating your milk supply!
 - 👶 Use Pumping logs to document as you are building supply
 - 👶 **Colostrum/Mother's Milk is medicine for your baby!**
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Donor Pasteurized Breast milk

- 👶 It may take a few days for mom's milk to come in. The usual time frame is 48-72 hours after delivery.
 - 👶 Sometimes mother's milk can be delayed by her health or by circumstances surrounding the delivery of her baby. Occasionally moms have a limited supply.
 - 👶 Because mother's milk has so many valuable properties our NICU has Donor Pasteurized Breast Milk now available for your premature babies.
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Special information

- 👶 **Never throw away your milk.**
 - 👶 If you have concerns please label your milk and discuss with the neonatologist or nurse.
 - 👶 Even **drops** of colostrum or milk can be given to your baby for an immune boost during oral care.
 - 👶 There are very few medications or medical conditions which make your milk unsafe for the baby.
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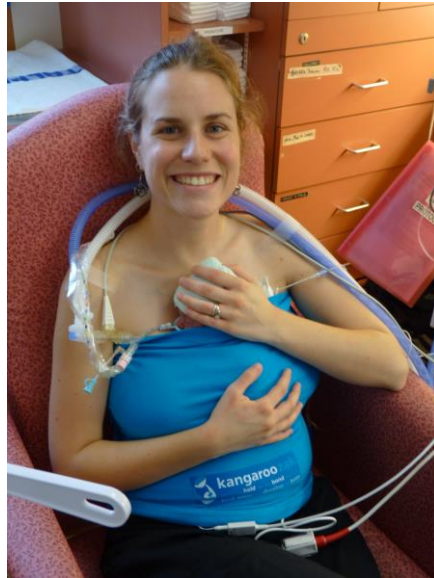
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Skin to Skin Contact (Kangaroo Care):

Step 4



Benefits for Baby: Skin to Skin Contact (Kangaroo Care)

- No.1  **Promotes Brain Development**
- No.2  **Reduces Crying and Stress**
- No.3  **Regulates Temperature**
- No.4  **Improves quality of sleep**
- No.5  **Enhances Immune System**
- No.6  **Improves Weight Gain**
- No.7  **Stabilize heart rate & respirations**
- No.8  **Supports Breastfeeding**

Benefits for Mother: Skin to Skin Contact (Kangaroo Care)



Reduce postpartum depression



Increases breast milk supply



Speeds recovery time



Promotes overall good feeling



Supporting Milk Supply

Step 5



- 👶 Continue to pump often (8 times per day)
 - 👶 **Ask for pumping assistance at days 3, 7 & 14.**
 - 👶 You will be experiencing breast fullness
 - 👶 Keep a pumping log and review pumping frequency and volume log with staff
 - 👶 **Seek help if not making at least 500 ml each day (~ 16 1/2 ounces) by the time baby is 14 days old.**
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**Thanks for pumping
MOM!**



Non-Nutritive Breastfeeding

Step 6



- 👶 Have my baby nuzzle at my emptied breast during skin to skin holding.
- 👶 Please pump your breasts before a non-nutritive breastfeeding session (practice breastfeeding).
- 👶 Non-nutritive sucking is great to do during tube feedings!
- 👶 **Remember to keep pumping 8-10 times per day and use your pumping log.**



Nutritive Breastfeeding

Step 7



- 👶 **Staff can help you to start breastfeeding when the baby is ready to feed by mouth.**
 - 👶 Watch for hunger and fullness cues.
 - 👶 Pump after feedings to support your milk supply.
 - 👶 Staff may weigh before and after a breastfeeding session to see how much milk the baby transferred at the breast.
 - 👶 **Remember to keep pumping 8-10 times per day and using pump log.**
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Our team:

- 👶 NICU phone #
 - 👶 Neonatologist
 - 👶 Lactation
 - 👶 Your lactation consultants, nurses and doctors are available to help you. Please ask if you are uncertain about anything
 - 👶 The staff will be supportive of your choice on how you want to feed your baby.
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