



Breastfeeding Newsletter

OCTOBER 2, 2015

VOLUME 4, NUMBER 2

It takes time to learn to pump. Don't be discouraged if you only pump out a small amount at first.

**Not all breast pump brands are effective. Make sure to ask a Lactation Consultant.*

Pumping Breastmilk

Adapted from Randolph County Health Department

Pumping is not necessary for successful breastfeeding if the mother and baby are together all of the time, but it can be a helpful tool. Women choose to pump their breastmilk for different reasons; to make sure their infant is getting as much breastmilk as possible and to help them maintain their milk supply when they are apart. Depending on the objective, a mom will pump or hand express at different parts of the day.

*Remember: The amount of milk you are able to pump is NOT a reliable measure of how much milk you are producing. Babies are much better at getting milk from your breast than any pump.

When to pump:

- To relieve overly full breasts. Expressing can soften your breast, which will help the baby latch on.
- When away from baby try to pump at times when baby would normally feed or at least every 3 hours.
- Pump between feedings to establish a surplus of stored milk.
- It is best to wait until your baby is breastfeeding well before offering a bottle. This is usually when your baby is about 3 to 4 weeks old.

Preparing to pump:

- Wash your hands with soap and water.
- If using a pump, have it clean and assembled.
- When starting out, find a time you can relax and not feel rushed.
- Find a warm and private place where you can get comfortable.
- Listen to music or recorded sounds of your baby, have a picture of your baby, or something that smells like your baby if you are separated.
- Massage your breasts in circles, next stroke them from the back toward the nipple to help your milk let down.
- If needed, place warm, wet cloths on your breast or take a warm shower or bath. Make sure you pump flange is the right size and pumping is not painful.

Choosing a breast pump:

- An electric pump that pumps both breasts at the same time generally removes most of the milk in the shortest time. Often used by moms going back to work or school.
- If you express milk only a few times per week or less, you could use a smaller manual pump or use hand expression.
- Hand expression is a convenient way to express milk. See <http://newborns.stanford.edu/Breastfeeding/HandExpression.html>

When your breastmilk sits in the refrigerator or freezer, the fat will rise to the top of the container. Gently swirl the container after warmed to mix the fat with the rest of the milk.

Cleaning pump parts:

- Clean the pump parts and bottles with hot soapy water and rinse them thoroughly after each pumping. You can also wash them in the dishwasher on the top rack.
- Sterilize parts daily by one of the following:
 - ✓ Placing parts in boiling water for 5 minutes
 - ✓ Washing in dishwasher
 - ✓ Using microwave sterilizing bags (follow instructions on bag)

Storage of breastmilk:

- Newly pumped breastmilk is safe for up to:
 - ✓ 5 hours at room temperature
 - ✓ 5 days in refrigerator
 - ✓ 5 months in the refrigerator's freezer
 - ✓ 12 months+ in a separate deep freezer
- Try to freeze breastmilk as soon as possible rather than leaving in the refrigerator for several days then freezing.
- Containers that may be used:
 - ✓ Baby Bottle
 - ✓ Milk storage bags
 - ✓ Zip-lock freezer bags
 - ✓ Ice cube trays, placed inside zip-lock freezer bags
- Make sure to label all containers with the date you pumped your breastmilk.

Defrosting and warming breastmilk:

- If you plan to use your frozen breastmilk, take it out of the freezer the night before and put it in the refrigerator to thaw.
- To warm cold or frozen breastmilk, place the container in a pan of warm water or hold it under warm tap water. Gently swirl several times to warm.
- If breastmilk has been thawed in the refrigerator, use within 24 hours.
- Never microwave breastmilk!

Returning to work:

If you plan on returning to work or starting a new job you should talk to your manager about pumping and allowing you time to pump before returning to work. Reasonable break time to pump is required under the Fair Labor Standards Act (FLSA).

****If you have any further questions or concerns, please contact Leah Diffey, BFPC at 573-470-0223. The Pike County Health Department is here to help you meet your breastfeeding goals!**

Pike County Health Department, Home Health & Hospice, 1 Health Care Place, Bowling Green, MO 63334. Phone: (573) 324-6373, Fax: (573) 324-3057.

This institution is an equal opportunity provider.