

## Breast Pumping

Some women use a breast pump to express breast milk if they want to collect milk when they return to work, have a premature baby, or have feeding difficulties. A manual or electric breast pump can be used.

- Ask for help in setting the pump up. Wash your hands.
- Put the breast cup over your areola with your nipple pointing into the hole in the center of the cup.
- Hold the cup firmly against your breast to create a tight seal.
- Start with the pump at the lowest setting. Pumping should not hurt.
- Pump each breast 10 to 15 minutes at first.

- When your milk is in, pump until milk stops coming out.
- Pump parts should be washed with hot, soapy water, or in the top rack of the dishwasher.

## Storage and Use of Breast Milk

Store your breast milk in clean containers. Use small containers so that you don't have to defrost large amounts at a time.

- Label each container with the date it was pumped.
- Make sure the container is sealed well to prevent frost burn if freezing.
- Warm the milk in a container of warm water, don't use the microwave or stovetop.
- See below for breast milk storage guidelines for full-term babies.

### Breast Milk Storage Guidelines for Full-term Babies

	Room Temperature	Refrigerator	Home Freezer	Deep Freezer
Fresh breast milk (just expressed)	6 to 8 hours	5 to 7 days	3 months (don't store in the door)	6 to 12 months
Previously frozen breast milk (thawed)	Use straight away, do not store	24 hours	Never re-freeze	Never re-freeze

## TIPS

# How do I know when to call the doctor?



You should call your baby's doctor if he:

- Does not regain his birth weight by 2 weeks of age.
- Has fewer than six wet diapers a day by day six.
- Has fewer than three poops a day by day three.
- Still has black poop on day four.
- Will not wake up to nurse at least eight times a day.
- Falls asleep or stops nursing right after attaching to your breast.

# How do I take care of myself?

Forget about housework and try to sleep when your baby sleeps. When you are tired, lie down for feedings. Have snacks and drinks beside you each time you sit down to nurse. Keep meals simple – like a sandwich, soup, and fruit. Limit drinks with caffeine to no more than three a day. Most medicines are safe to take when you are breastfeeding but check with your doctor to make sure. Or call the Infant Risk Center at 1-806-352-2519.

Many women have mildly sore nipples the first few days of breastfeeding. If the discomfort only happens at the beginning of feedings and goes away when your milk starts to flow or within 30 seconds, this is probably normal. To soothe sore nipples, rub breastmilk into them or use a lanolin cream that is made for breastfeeding mothers.

If the soreness lasts the entire feeding or is severe, see a breastfeeding counselor right away. If you have soreness at the beginning of feeding only and it does not go away within two weeks, see a breastfeeding counselor. Call your local WIC clinic for breastfeeding help. Most likely, you are sore because of the way the baby is positioned or the way the baby is latching on. The soreness should go away after someone helps you figure out the cause.

**Hang in there. Breastfeeding gets easier. Take it one day at a time and be proud of what you are doing for your baby. You are giving your baby the best possible start in life.**