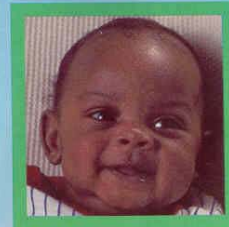


Breastfed Babies WELCOME Here!

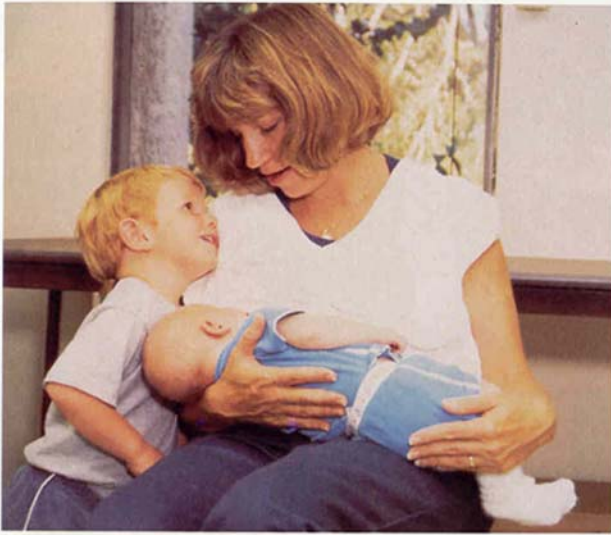
A Mother's Guide



The Child and Adult Care Food Program is an equal opportunity program. If you believe you or anyone has been discriminated against because of race, color, national origin, sex, age, or disability, write immediately to the Administrator, Food and Nutrition Service, 3101 Park Center Drive, Alexandria, Virginia 22302.

U.S. Department of Agriculture
Food and Nutrition Service

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Courtesy of Procter/Kimberly-Clark's Medical Center, Denver, CO

Dear Mom,

Breastmilk is the best milk for babies. That's why more than half of all mothers begin by breastfeeding their babies. Did you know that you can continue breastfeeding even if you return to work or school?

Just like you, I want your baby to get the best start in life and to be healthy and happy. I can help you continue breastfeeding by giving your baby breastmilk while the baby is in my care.

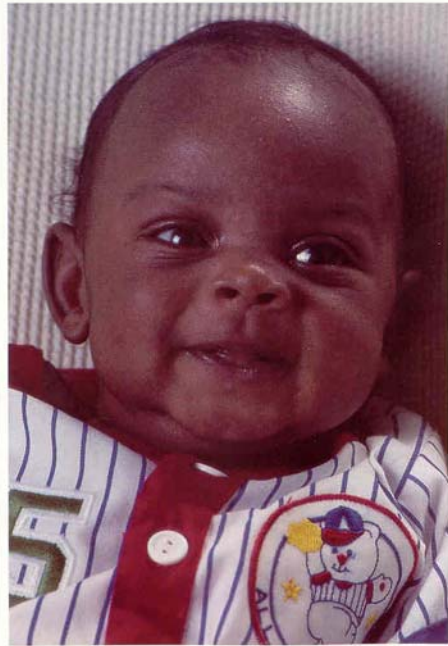
This booklet has some information about breastfeeding. It also provides suggestions to help you and your breastfed baby get ready for child care.

Sincerely,
Child Care Provider





Why is breastfeeding so good?



- Breastfeeding builds a special closeness between you and your baby.
- Your breastmilk is made just for your baby. It has the right mix of vitamins, minerals, and other nutrients needed for a healthy start.
- Breastmilk is easy for babies to digest.
- Breastfed babies have less diarrhea, constipation, and spitting up than formula-fed babies.
- Breastmilk helps the baby fight infections and delays allergies so babies are healthier.
- Breastfeeding helps your body get back into shape after pregnancy.
- Breastfeeding saves time because breastmilk is always warm and ready to feed.
- Breastfeeding saves money.





What do I have to do to breastfeed my baby?

• While you are pregnant

Most women can breastfeed, but you need to learn how. Ask your doctor or clinic about breastfeeding. Have someone show you how to hold the baby and how to get the baby to nurse at the breast.

Before you deliver, let your doctor or nurse know that you want to breastfeed. They can check your breasts and answer questions about breastfeeding.

Also, check with your work or school to find out how they can help you plan to continue breastfeeding when you return. Discuss how you could schedule a time and a place to express milk from your breasts or go to your baby to breastfeed.

• When you are in the hospital

Let your doctor and hospital know that you want to breastfeed your baby as soon as possible after delivery. Ask for someone to help you get started. Also ask to have your baby "room-in"



and stay with you. Tell the hospital staff that you want to feed your baby whenever he or she is hungry. This will help your breasts make more milk. Ask the hospital staff not to give your baby water or formula unless the doctor orders it.

• When you get home

Breastfeed your baby often. For the first month this may be 8 to 12 times a day. Watch for baby's hunger signals such as:

- rooting or opening mouth wide in search of milk
- sucking on hands
- fussing

Try to wait about a month before giving your baby a bottle or pacifier. The artificial nipples may confuse newborn babies and keep them from nursing well at the breast.

Contact your doctor or health clinic if you have questions. Your hospital, lactation consultant, or mother's support group can also help you.





How do I continue to breastfeed when I go to work or school?



- Breastfeed your baby often when you are at home. Then, choose one of the following when you are away from your baby:

- Use your breaks for lunch or dinner and in between to go to the child care site to breastfeed.

or



- Take breaks to express your breastmilk. Chill it right away in a refrigerator or cooler with ice packs. Your child care provider can feed it to your baby another day.

or



- Have your child care provider give infant formula to your baby. You can still breastfeed your baby before and after child care and on your days off.





How do I get my breastfed baby ready for child care?

- Introduce a bottle to your baby about 2 weeks before the baby starts child care. You cannot expect your provider to do this for you. Give a bottle at least once every day so your baby can get used to taking breastmilk in a different way.
- It may take several tries to get your baby to take a bottle. It may be easier in the beginning if you have



another family member or friend give the bottle to the baby.

- Buy bottle nipples that make the baby open its mouth wide and suck for the milk. Some nipples train the baby to suck only on the tip. This way of sucking could be uncomfortable when you nurse the baby and could cut down on your milk flow.
- If your baby won't take one kind of nipple, try another kind.
- Try holding the baby in a different position from the one you usually use for breastfeeding.
- Babies older than 6 months may also be able to practice taking breastmilk from a small cup.
- Take your baby to the provider for one or two short visits before you return to work or school. This will help you and the baby get used to child care. It can also give your provider a chance to practice feeding your baby.





How can I help my provider care for my breastfed baby?

- Let your provider know if you want to breastfeed at the child care site and when you want to nurse. Your provider can make sure that your baby's other feedings will not conflict with your nursing schedule.
- Decide how many feedings you think your baby will need at child care. Give your provider enough breastmilk for each day.
- Fresh breastmilk is best. Frozen milk is good to have as a back up on days when your baby needs more or you pumped less breastmilk than usual.
- Give your provider a hard plastic bottle for each feeding, if possible. That way she can spend more time caring for your baby and less time preparing bottles.
- Start with 2 to 4 ounces of breastmilk for each feeding. As your baby gets older, you can put more breastmilk in each container.



- Label all breastmilk with your baby's name and the date you expressed it.
- Tell your child care provider how to help quiet your baby when upset. Let the provider know if you want a pacifier, toy, or something else used to calm your baby.
- Discuss with your provider when the doctor wants your baby to begin infant foods and what foods to give your baby.
- Write down a feeding schedule to help your provider follow your instructions.
- Talk about what the provider should do if you are late picking up the baby or whom to call in an emergency.
- Take time each day to talk with the provider about how your baby is doing with sleeping, eating, and bowel movements.





How do I collect breastmilk for later use?

You can express milk by hand or by using a hand pump or an electric breast pump. Usually, it takes about 20 minutes to express milk from both breasts. Some electric pumps let you express breastmilk from both breasts at the same time. This lets you express milk in half the time.

• At home

Begin expressing milk about 2 weeks before you plan to return to work or school. You may only get small amounts in the beginning. Try expressing milk when the baby has not nursed at both breasts or when the baby sleeps longer than usual. You can also express small amounts of milk throughout the day.

• At work or school

Expressing breastmilk when you are away from your baby helps:

- give you more milk for your baby,
- keep up your milk supply,



- make your breasts feel more comfortable,
- prevent breast infection, and
- keep your breasts from leaking.

At first, express milk every 3 hours while away from your baby. How often you express milk will depend on how long you are away from your baby. It will also depend on the age of your baby.

If your baby is less than 4 months old, you will need to express milk about 2 to 3 times during an 8-hour workday. After 4 to 6 months when your baby begins eating infant foods, you will not have to express milk as often.





Photo courtesy of James Riser

• **Collection**

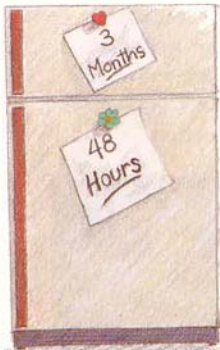
Collect breastmilk in a clean container. Hard plastic bottles are best because they don't break and are easy to handle. Disposable plastic liners may leak or break. Double plastic liners if you use them to store breastmilk. Label and date containers. Keep breastmilk cool in a refrigerator or cooler with an ice pack to give your baby later.

• **Storage**

Breastmilk changes with the age of your baby. Try to use fresh breastmilk for your baby whenever possible because it best meets your baby's needs. If you need to freeze your breastmilk, rotate the milk so that you use the oldest milk first.

• **You can store breastmilk:**

- In a refrigerator - up to 48 hours
- In the freezer (with separate door from refrigerator) - up to 3 months



What about taking care of me?

- Remember to eat three meals plus healthy snacks each day. Eating well doesn't have to take a lot of time. Choose a variety of healthy foods that are quick and easy to fix.
- Drink whenever thirsty, but don't force yourself to drink fluids.
- Consider having your snack or drink while you feed your baby.
- Decide what is most important to do. Breastfeeding your baby provides benefits that last a lifetime. Housework will always be around for another day.
- Ask your family or friends to help with some of the household chores.
- To help you rest, try lying down to breastfeed your baby in the morning and at night when possible. Or, at least put your feet up.



D.C. Arnold, La Leche League International





Who can help me if I have questions or problems?

If you have questions about breastfeeding your baby, ask your doctor, health or WIC clinic, or hospital for help. They may also refer you to a mother's support group that can talk with you and give you encouragement. You can also call 1-800-LALECHE for information about a La Leche League support group in your community.

To buy or rent a breast pump, ask your doctor, clinic, hospital, lactation consultant, or mother's support group for information.



Courtesy of La Leche League International



Your library or bookstore may have some books on breastfeeding to help you such as:

Bestfeeding: Getting Breastfeeding Right for You by Mary Renfrew, Chloe Fisher, and Suzanne Arms (Celestial Arts, 1990).

Breastfeeding Today: A Mother's Companion by Candace Woessner, Judith Lauwers, and Barbara Bernard (Avery Publishers, 1991).

Breastfeeding Your Baby by Sheila Kitzinger (Alfred A. Knopf, 1989).

Child of Mine - Feeding with Love and Good Sense by Ellyn Satter (Bull Publishing Co., 1986).

The Nursing Mothers Companion by Kathleen Huggins (The Harvard Common Press, 1990).

The Womanly Art of Breastfeeding by La Leche League International (La Leche League International, 5th edition, 1991).

The Working Woman's Guide to Breastfeeding by Nancy Dana and Anne Price (Meadowbrook Inc., 1987).

