

Texas WIC Breast Pump Program_06

*How to Help Moms Maintain
Their Milk Supply When
Returning to Work*

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WIC Handouts

13-206 Hand Expression and Storage of Milk

13-206A Hand Expression and Storage of Milk
(Spanish)

13-28 Tips for Caring for Your Breastfeed Baby
in Day Care (Eng/Sp)

13-58 Become a Mother Friendly Worksite

13-58A Become a Mother Friendly Worksite
(Sp)

WIC Handouts

13-69 Pumping in Progress Do Not Disturb! Door hanger

13-69A Pumping in Progress Do Not Disturb! Door hanger (Sp)

13-06-11496 Breastfeeding and Working Works for Me!

13-06-11496A Breastfeeding and Working Works for Me! (Sp)

When a Mom Returns to Work

Returning to Work

- Common Feelings
- Fulfillment
- Sadness or guilt
- Fatigue
- Reasons to Breastfeed
- Helps mother stay connected to baby
- Lowers rate of illness
- Lower absenteeism
- Saves money
- Helps mom relax at work

Before Delivery

- Encourage your clients to:
 - Attend breastfeeding classes
 - Make feeding choices
 - Explore day care options
 - Talk with others who have been successful with breastfeeding when separated from the infant

During the Early Weeks

- Introduce the bottle after breastfeeding is well established (2-6 weeks)
 - Bottles should be given by someone other than the mother
- Choose a pump
- Teach her to express by hand
- Begin storing milk

When Assisting Your Client With Choosing a Pump:

- Evaluate
 - Efficiency
 - Comfort
 - Frequency of use
 - Convenience
 - Time required

Hollister Manual Pump One-hand

- Single hand use
- Converts to electric



Medela Little Hearts



Manual Pump MEDELA



- Easy to use, but requires two hands
- Converts to electric pump
- May be used with or without the spring

Manual Harmony Pump



- One hand pumping
- Let-down symbol

Hollister Multi-user Elite

- Double pumping
- Initiation of milk
- supply



Hollister Single User Purely Yours

- Convenient to carry
- Double pumping



Breast Flanges

- Most pumps come with inserts for women with small nipples
- Larger pump flanges are available
- Blisters in a circular pattern around the nipple probably indicates too small of a breast flange

To determine the flange size

- The nipple should move smoothly and freely into the flange tunnel and should not rub up against the sides
- If you do not see any movement in the areola with the pump vacuum, the breast shield is probably too small

What should not be felt or seen

- Nipple is rubbing against the sides of the tunnel with each vacuum movement of the pump
- The outside of the nipple (rather than the nipple tip) is tender or sore
- A ring of skin flecks probably indicates that the tunnel is too small

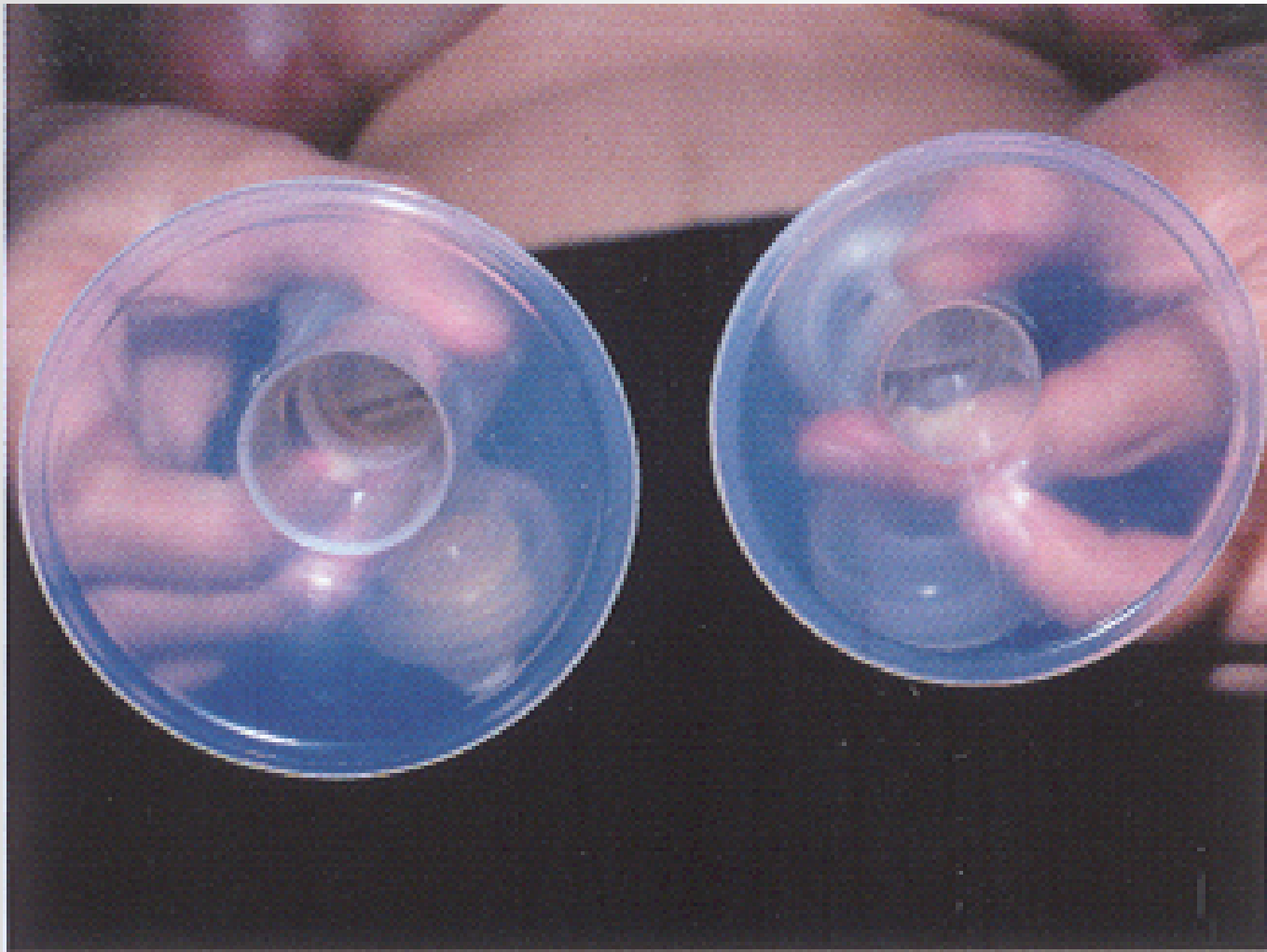
Over three quarters (77.1%) of the women eventually used a larger size breast flange.

Paula P. Meier, RN, DNSc, FAAN

Hollister Flanges



30 mm



24 mm

The Breastfeeding Atlas Second Edition
Barbara Wilson-Clay and Kay Hoover

Pumping at Work

- If she is worried about speaking to her boss, here are some hints you can give her:
 - Suggest that she talk to her boss about why it is important for her to continue breastfeeding.
 - Suggest that she is ready to offer to come in early or stay late to make up time missed from pumping.

Ask about where she can
pump

Ask about where she can store her milk.

- Room Temperature?
 - 3-4 hours
- In an insulated case?
 - 8 hours
- In a Fridge?
 - 5 days
- In a freezer?
 - 3 months
- In a deep freezer?
 - 6 months



•*Store milk in back of refrigerator or freezer, preferably on the top shelf

What can she store her milk in?

- Clean bottles or sealable sandwich or freezer bags

Storage Amounts

- 2-4 ounces for 6 week old
- 4-6 ounces for 3 month old
- 5-8 ounces for 6 month old

How to Thaw Frozen Milk

- Place in the refrigerator or a pan of cool water
- NEVER thaw in a microwave
- Use thawed milk within 24 hours
- Do not refreeze
- Discard unused milk

Changing Flavors of Stored Human Milk

- Change in lipid structure
- Increased lipase activity
- What can she do?
 - Heat milk to scald (not boiling) immediately after collection
 - Quickly cool and freeze

Pumping at Work

- How long will it take to pump
 - About 15-30 minutes each time
- How often will she need to pump
 - Divide the number of times you breastfeed into 24 hours

Pumping at Work

- Have her express often-- don't wait for breasts to "feel full"
- You may also want to ask if her baby tends to feed equally throughout the day or more often during a certain part of the day
- Express milk during day for each time her baby would nurse

Facilitate Pumping

- Massage breasts, nipple stimulation prior to pumping
- Start on low suction and work up to the point of flow
- Pump until the flow significantly diminishes
- Relaxing music
- Picture of baby

Helpful Tips

- Delay returning to work as long as possible
- Have a trial day prior to return to work
- Work part-time at first
- Remember the first week can be stressful
- Store milk at least 2 weeks prior to return to work

Once She Returns to Work

- Nurse prior to going to work
- Nurse frequently at night and on weekends
- Reduce commitments
- Encourage direct breastfeeding while with mother

Once She Returns to Work

- Nurse at daycare
- Milk supply may decrease at end of week
- Extra pumping to increase milk supply

Example Breastfeeding Log

Date/time	How long did you pump?	Amt from right side	Amt from left side	Comments
10/15/04 10:00 a.m.	15 minutes	2 ounces	3 ounces	Nipple rolling and massage
12:00 noon	25 minutes	4 ounces	4 ounces	Nipple rolling/massage/manual expression
3:00 p.m.	15 minutes	3 ounces	3.5 ounces	Nipple rolling and massage

Decreased Milk Supply

- Pumping Hints
 - Double electric pump
 - Express more often and for longer
 - Pump opposite side while infant is nursing to increase milk supply or to store milk for latter use
 - Use one handed manual pump or electric pump
 - Keep a log

Decreased Milk Supply

- While at home
 - Nurse more often
 - Increase rest with baby
 - Focus on the relationship instead of the ounces

Where is it safe to store breastmilk?

1. In an insulated case
2. In a Refrigerator
3. In a deep freezer
4. All of the above

How long is breastmilk safe in an insulated bag?

1. 4 hours
2. 8 hours
3. 1 day
4. 2 hours

What is the suggested amount of breastmilk to store for a 3 month infant feeding?

1. 1 - 2 ounces
2. 5 - 8 ounces
3. 4 - 6 ounces
4. 2 - 4 ounces

What is the suggested time a mom should start pumping before returning to work?

1. When she returns to work
2. 1 week prior
3. 2 weeks prior
4. 3 weeks
5. Never