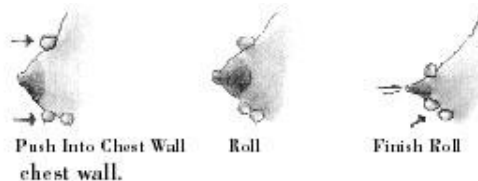


# Can I Still Give My Infant Breast Milk Without Feeding at the Breast?

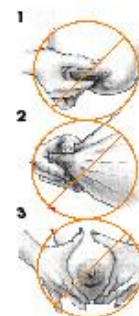


## What tips and tricks will help me successfully pump and feed my infant breast milk?

- It is important to initiate pumping within 1-2 hours after delivery if at all possible.
- Make sure you are in a comfortable position before you start.
- Massage your breasts and gently stimulate/stretch your nipples before starting the pumping process.
- Continue to massage your breasts while you are pumping.
- Make sure you use the right size flange on the pump, which is the funnel shaped part that touches the breast. If it is painful or the nipple isn't stretching into the flange, ask for a lactation specialist to help you.
- Pump at least 10 times in a 24-hour period, and at least once during the night.
- If at all possible, pump with a hospital grade pump.
- Hand express each breast after pumping to completely empty milk reservoirs:
  - Position the thumb above and the first two fingers below the nipple about 1-1½ inches from the nipple though not necessarily at the outer edges of the areola. Be sure the hand forms the letter "C" and the finger pads are at 6 and 12 o'clock in line with the nipple. Note the fingers are positioned so that the milk reservoirs lie beneath them. Avoid cupping the breast.
  - Push straight into the chest wall as shown below. Avoid spreading the fingers apart. For large breasts, you may need to first lift the breast, and then push into the chest wall.
  - Roll your thumb and fingers forward at the same time. This rolling motion compresses and empties the milk reservoirs without injuring sensitive breast tissue. Note the position of thumb and fingernails during the *Finish Roll* as shown in the illustration.
  - Repeat rhythmically to completely drain all milk reservoirs.
    - Position, push, roll...Position, push, roll...
    - Rotate the thumb and fingers to milk other reservoirs as shown to the right:



- Avoid these motions:
  - Squeezing the breast, as this can cause bruising.
  - Sliding hands over the breast, as this can cause painful skin burns.
  - Pulling the nipple which may result in tissue damage.



Hand Expression photos and instruction  
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# How can I be Successful with Breastfeeding?



## What should I know for my time in the hospital?

- To help facilitate bonding and breastfeeding, request delaying your infant's bath at least 24 hours, or not bathing at all while in the hospital.
- If stable and healthy, your infant should be placed on your chest right after delivery, skin to skin, uninterrupted, until the first feed has occurred. This is called "The Golden Hour."
- Skin to skin should be done often, throughout your hospital stay. This keeps the infant calm, comforted, and just the right temperature.
- Breastfeeding should happen frequently based on the infant's feeding cues. This will also increase the hormones in your body that tell you to make milk. Feedings should occur at least 8-12 (or more) times in a 24-hour period.
- Keep your infant with you, in your room, 24 hours a day so you can watch for feeding cues.
- Each time you notice your infant displaying a feeding cue, feed him/her right away. Do not wait until s/he cries. This is a late cue and may make it more difficult to get a feeding started.
  - Feeding cues may include:
    - rooting (turning face toward a stimulus and opening mouth)
    - mouth or tongue movement or lip smacking
    - body moving/fidgeting
    - awake and/or alert
- Avoid the use of pacifiers for at least 3-4 weeks.

## What other information should I know?

- Early on, your infant may feed many times in a row with only a short break in between, especially at night. This is called "cluster feeding," and is perfectly normal.
- Your infant may lose up to 10% of his/her body weight in the first few days of life.
- Your infant's tummy is very tiny at birth, and gradually increases in size each day as your milk supply increases.
- Do not allow anyone to give anything but breast milk to your infant unless it is medically required.
- Your first milk is called colostrum. It is yellowish in color and thicker than regular breast milk. It comes in small amounts and has everything the infant needs including lots of fat, calories, and powerful immunities to illness and disease.
- Your family and friends may not be able to breastfeed your baby, but they can help you with all sorts of other tasks, like meals, laundry, bathing the infant, and diaper changes.
- You should take small naps whenever possible to make up for lost sleep at night. Be sure and get your rest and avoid having too many visitors early on.

## When should I ask for help?

- Before the birth:
  - If you have general questions.
  - If you have had any kind of breast surgery, thyroid problems, or have *not* noticed any normal breast changes with pregnancy (increased size of the breasts, tenderness of the breasts, and/or leaking of milk from the breasts).
- After the birth:
  - If you are unable to latch your infant.
  - If you are experiencing nipple pain.
  - If you are experiencing swelling, redness, or pain in any area of the breast.

# How Can I Breastfeed Privately?



## What are some tips and tricks to breastfeed without my breasts being visible?

- Have your family help to keep visitors away while you feed your infant. Start this in the hospital, by asking visitors to step out when the infant is ready to feed.
- Place a light cloth covering (blanket, shawl, scarf, or breastfeeding apron) over your shoulder to help cover your breast while you feed.
- Lift your shirt up instead of pulling it down from the top when feeding your infant.
- Buy shirts or tops that have special openings that make it easier to breastfeed.
- Use a breastfeeding bra that snaps open to make it easier to feed your infant.
- If you are at the store or mall, ask for help in finding a nursing room if available.
- If you are at home, go into your bedroom or the infant's room for privacy and a peaceful environment to breastfeed.
- If you are at someone else's house, ask for a private spot to feed your infant.
- Practice breastfeeding privately at home so you are comfortable when you are out and about.
- Join a breastfeeding group to get ideas and support from other new moms.

# How Can I Continue Breastfeeding While Working or Going to School?



## How can I keep breastfeeding when I am not with my infant all the time?

- Once your milk is in (after the first several weeks), you can start pumping a couple of times a day to store up some extra milk to be used when you return to work or school.
- Try pumping once in the morning and once at night after a feeding. You can also collect extra milk by hand expressing after each feeding.
- Store any pumped breast milk in the freezer.
- A few weeks before going back to work or school, start giving your breast milk in a bottle to your infant some of the time, so that s/he can “practice” feeding from a bottle.
- If your infant is getting a bottle of your breast milk for a “practice” feeding, make sure you pump or hand express during or right after the feeding so you can keep up your milk supply.
- If possible, work from home or go to school online.
- If you can, start back to work or school part time instead of full time.
- If you have to leave home for work or school, see if you can bring your infant with you, or come back home during the day to breastfeed.
- In going back to work:
  - It is the law that your boss/supervisor gives you a “reasonable break time” to express breast milk for your infant for one year after birth *each time* you need to express milk.
  - Let your employer know that breastfed infants get sick less than formula fed infants, which means less work days missed by you!

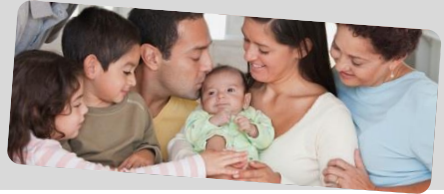
# How Can I Get the Best Latch and Prevent Nipple Pain?



## What tips and tricks will help me latch my infant properly?

- Un-wrap your infant before feeding. This allows the infant to be close to you, smell you, and be positioned better.
- Keep your infant's head and shoulders in alignment. The head should not be turned to the side.
- The infant's whole body should be facing yours – tummy to tummy.
- Bring the infant to you rather than you bending toward your infant.
- Use pillows to help support keeping the infant close to you without having to strain or lift the infant the whole time.
- Move the infant into position by the shoulders and upper back, not by grasping the head.
- Support your breast with the hand closest to it with a wide C-shape. Avoid touching the areola.
- Start by touching your nipple to your infant's nose.
- When your infant's mouth gapes open wide, quickly bring the infant chin first to your breast placing your nipple on top of the infant's tongue.
- While your infant feeds, the nose will touch the breast. There is no need to pull the breast tissue away from the infant's nose.
  - If you feel the nose is too obstructed, or the infant can't breathe properly, pull the infant's legs and bottom more towards you to change the tilt of the infant's head at the breast.
- The infant's lips should be in a flanged or "fish lip" position.
- You can adjust the latch by pulling up gently on the skin between the infant's mouth and nose or by pulling down on his/her chin if needed.
- If your infant slips out of position or you have pinching or pain, unlatch and try again.
  - To unlatch, insert your finger into the corner of infant's mouth or tug at the side of the mouth to break the suction. Do not just pull the infant off the breast.
- Look at the shape of your nipple when your infant is done feeding. If it looks like a lipstick, or there is a distinct line on the nipple, you are not getting a deep enough latch.
- Avoid using pacifiers or bottles for at least the first 3-4 weeks.
- Seek help from a breastfeeding specialist or lactation counselor if you have any concerns, problems, or pain.

# How Can My Family Support Me in Breastfeeding?



## What are some ways that my family can assist me in my decision to breastfeed?

- Encourage and support my decision, knowing it is the healthiest choice for me and my infant.
- Do not offer to help me by feeding bottles to my infant.
- Do not request or suggest that I give formula to my infant; my breast milk is enough and is the healthiest option.
- Do not give my infant a pacifier (for at least 3-4 weeks).
- Help me to recognize feeding cues in my infant. Even if I am napping, please wake me up if my infant is showing signs that s/he is hungry.
- Help me position myself and my infant comfortably to breastfeed.
- Allow me some privacy if you can tell that is a more comfortable environment for me to breastfeed in.
- Help me to avoid having visitors when I am breastfeeding if that is my preference.
- Encourage me to call a lactation specialist if I have problems, pain, or any concerns.
- Help me with other chores and responsibilities, like laundry, meals, cleaning, and diaper changes.

# How Will I Make Enough Milk?



## What are some tips, tricks, and important things to consider if I'm worried about not making enough milk?

- Many mothers who think they do not have enough milk *actually* have an adequate milk supply.
- Talk to a lactation specialist if you have had:
  - No breast changes during pregnancy
  - Any type of breast surgery or injury
  - Thyroid disease
  - Polycystic ovarian syndrome
  - Low milk supply with past attempts at breastfeeding
- Be sure and get help from a lactation specialist if you experience any of the following:
  - Pain with latching or breastfeeding your infant
  - Trouble latching your infant
  - Your infant is too sleepy to breastfeed as much as s/he should
- Feed your infant at least 8-12 (or more) times in a 24-hour period.
- Continue to do skin to skin at home; this will encourage your infant to feed more regularly.
- Undress your infant to wake him/her up prior to latching on to encourage a more complete feeding.
- If your infant stops sucking for more than 10 seconds, massage the hand and/or gently stretch the arm to stimulate.
- Cluster feeding is normal (especially at night) and will increase your milk supply. And remember, the more you feed your infant, the more milk you will make.
- Do not allow anyone to give anything but breast milk to your infant unless it is medically required.
- Avoid the use of pacifiers for at least 3-4 weeks.
- Keep your infant with you/in your room 24-hours a day so you can watch for feeding cues.
- Some infants feel more supported and therefore breastfeed better with their hips flexed, knees bent, and snuggled into your body. You may need to use another object/surface to accomplish this, like a pillow, or you can position yourself against the end of a couch or armchair to support the infant's lower body.
- Never skip a feeding. You must put the infant to breast for every meal to keep your milk supply up. Think *supply and demand*.
- Here are some tips for increasing your milk supply if you suspect it is low:
  - Consider hand expressing or pumping after feedings.
  - Feed your infant on one breast and pump the other at the same time.
  - Avoid smoking.
  - Avoid tight fitting bras and clothing.
  - Avoid antihistamines like Sudafed, Benadryl, or other cold and allergy medications.
  - Avoid using any hormonal birth control methods for the first few months (talk to your provider about the best options).
  - Avoid high doses of vitamin B6.
  - Massage any areas of the breast that may feel full while your infant is latched to help empty milk ducts.



# Why is it Important to Breastfeed?



## What does breastfeeding provide?

- The best health outcomes for women and their infants
- A reduction in infant illness and death from common causes including:
  - Less ear infections
  - Less respiratory tract infections
  - Reduced incidence of allergies later in life
  - Reduced risk of Sudden Infant Death Syndrome (SIDS)
  - Less intestinal infections
  - Less diarrhea
  - Reduced risk of childhood leukemia
  - Reduced incidence of Type I and II Diabetes later in life
  - Reduced rates of obesity later in life
- Maternal benefits as well, including:
  - Reduced risk of Type II Diabetes
  - Reduced risk of developing breast and ovarian cancers
  - Decreased risk for cardiovascular disease and related illnesses

## What is the best way to breastfeed?

- Give your infant only breast milk for at least 6 months (unless directed otherwise by a medical professional)
- Continue to give your infant breast milk after the introduction of solid foods for at least a year or more

## What are other advantages of breastfeeding?

- It's convenient
- It's free
- It's easily digested
- It promotes bonding and development

## What are the risks of breastmilk substitutes, like formula?

- Increased incidence of diarrhea and respiratory infection in the infant
- Increased incidence of allergies and food/milk intolerances in the infant
- Increased risk of chronic diseases in the infant
- Increased risk of obesity in the infant
- Increased risk of SIDS
- Increased risk of diabetes, ovarian, and breast cancers in the mother