



Tri-City Medical Center

ADVANCED HEALTH CARE...FOR YOU

Breast milk: A gift that only you can give

Your breast milk is like a medicine that only you can give to your baby. Every Drop Counts!

- Your breast milk protects your baby! Special soldiers that you make in your milk protect your baby from getting sick.
- Breast milk can help fight many kinds of infections; so if your baby does get sick, special parts of your milk will help the baby get better.
- Breast milk is the best nutrition available for your baby. It is more easily digested and absorbed than formula.

Tri-City Medical Center strongly encourages our mothers to breast feed. Recent studies show benefits for both you and your baby.



Getting Started

- Start pumping your milk as soon as possible. Pump at least 8 times per day (every 2-3 hours, even at night) for 15 minutes each side.
- The pumping you do early on determines how much milk will be available for your baby in a few days! More pumping = more milk!
- A nurse will give you bottles and labels for you to write the date and time. Every drop counts, so save all the milk you pump and bring it to your baby.
- Start your pumping log and pump at your baby's feeding times.
- Ask to watch our breastfeeding video as soon as possible.

Watch breastfeeding video as soon as possible and as often as needed. Either in the NICU or using the following links:

<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>

<http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>

<http://newborns.stanford.edu/Breastfeeding/ABCs.html#ABCs>

What is colostrum and why is it important for my baby?

- Colostrum is the early milk that your body makes during the first few days after giving birth.
- It is different from the milk that your body will make later.
- Colostrum is like a medication for your baby, and every drop should be collected and saved.
- Even if your plans do not include providing milk, we encourage you to remove the colostrum from your breasts so it can be fed to your baby.



Skin to Skin Care

Skin to skin care is a special way to hold your baby. Your baby wears only a diaper and a hat, you wear a front opening top, and a blanket is placed over you both. There are benefits to your baby and you! Skin to skin care promotes weight gain for the baby and improves your milk supply.

We encourage you to hold your baby skin to skin as much as possible!

When You Visit Your Baby

- Bring your pumped milk and your pumping log to the NICU.
- Bring your pumping kit and use the hospital pump at the bedside.
- Ask your baby's nurse when you need more bottles or labels.
- Talk with the nurse about holding your baby skin to skin. Find out your baby's eating schedule so that you can be there for the baby's feedings!

Breastfeeding Your Baby in the NICU

- Breastfeeding takes practice! Your baby's nurse, occupational therapist, or a lactation consultant will help you when your baby is ready to breastfeed.
- A nipple shield is sometimes used to help babies breastfeed.
- A Baby Weigh Scale is sometimes used to tell how much milk the baby is eating.
- Supplementation with extra breast milk or formula may be needed. We will not give your baby formula without your permission.



We are here
to help!

