



PUMPING FOR YOUR BABY

YOUR PERSONAL PLANNING CHECKLIST

**STORMONT VAIL HEALTH
BIRTHPLACE**

**A CHECKLIST FOR MOTHERS WHO WANT TO CONTINUE
BREASTFEEDING WHILE EMPLOYED**

Congratulations on your decision to continue breastfeeding when you return to your employment setting. The following checklist will help you achieve your breastfeeding goals.

BEFORE YOUR BABY ARRIVES

___ Get information about breastfeeding and combining breastfeeding and employment. Take classes, read pamphlets, books, watch videos, etc.

___ Talk with mothers and health care providers about ways to combining employment and breastfeeding.

___ Talk with your employer about:

- Why your employer should support your decision to continue breastfeeding.
- Extending your maternity/family care leave.
- Returning part-time for the first week or returning in the middle or at the end of the week.
- Where and when you can express breastmilk in your employment setting.

___ Explore childcare arrangements.

DURING THE FIRST FEW WEEKS AFTER YOUR BABY IS BORN

___ Get breastfeeding off to a good start.

___ If you have difficulty, get assistance as soon as possible.

For breastfeeding assistance and help in creating your personal plan for continuing breastfeeding while employed call Stormont Vail Breastfeeding Center at (785) 354-5034.

WHEN YOUR BABY IS TWO TO FOUR WEEKS OLD (OR WHEN BREASTFEEDING IS GOING WELL)

___ Introduce bottle or cup feeding. (Babies usually take expressed breastmilk easier.)

___ Give your baby at least one bottle/cup feeding each week. (So your baby remains familiar with the bottle or cup.)

AT LEAST TWO WEEKS BEFORE RETURNING TO YOUR EMPLOYMENT SETTING

___ Select a breastmilk expression technique. (Breast pump or hand expression) If you will be using a breast pump:

- It should be comfortable and effective. Ask your breastfeeding resource person for pump recommendations. Some breast pumps are much more effective than others.
- Select a pump that allows pumping on both sides at the same time if you have limited time to express breastmilk in your employment setting.

___ Practice using the breast pump or hand expression.

___ Locate airtight containers in which you will store your breastmilk.

___ Obtain an insulated container and reusable (“blue ice”) cold packs.

___ Clarify with your employer where and when you will express breastmilk. (Ideally, find a private area. Do you need access to electrical outlet?)

___ Practice “trial runs”.

- Have your baby stay in a “trial” childcare session that includes a feeding.
- Practice expressing breastmilk in your employment setting.

ONE WEEK BEFORE RETURNING TO YOUR EMPLOYMENT SETTING

___ Freeze your expressed milk to build a “private milk bank” and to develop an overabundant milk supply. *Your milk production tends to decrease during the first week back in your employment setting. Your baby’s appetite may increase during “growth spurts” commonly occurring around six weeks and three months.*

- ___ Make plans to decrease household responsibilities during the first week back in your employment setting.
- ___ Re-negotiate division of household responsibilities with partner or family members.
- ___ Cook meals ahead and freeze.
- ___ Ask friends and relatives for help in the upcoming week (s).

THE DAY OR NIGHT BEFORE RETURNING TO YOUR EMPLOYMENT SETTING

- ___ Pack your baby's diaper bag, including written instructions to the childcare provider.
(See last page)
- ___ Pack pump, collection bottles or bags.
- ___ Freeze reusable "blue ice" packs.
- ___ Gather containers of breastmilk for tomorrow's use.
- ___ Place containers of frozen breastmilk in the refrigerator to thaw if milk has been frozen.
- ___ Pack beverages and snacks for yourself.
- ___ Lay out your clothes and your baby's clothes.
- ___ Go to bed earlier than usual.

THE BIG DAY

- ___ Set your alarm 30 minutes earlier than the usual wake up time.
- ___ Breastfeed your baby so he/she will be content while you dress.
- ___ Get dressed and eat breakfast.
- ___ Pack your baby's milk in an insulated container.
- ___ Place diaper bag, milk and breast pump by the door or in the car.
- ___ Breastfeed your baby so he/she will be content during the ride to the childcare provider.

**KNOW THAT ALL YOUR PREPARATIONS WILL MAKE THINGS GO SMOOTHER BUT NOT PERFECT. THE FIRST FEW WEEKS ARE AN ADJUSTMENT PERIOD. YOU WILL SOON DEVELOP A SYSTEM THAT WORKS FOR YOU.
PLEASE CALL (785) 354-5034, FOR IDEAS FOR YOUR SITUATION.**

PAT YOURSELF ON THE BACK

YOU AND YOUR BABY WILL BENEFIT A LIFETIME FROM THE EFFORTS YOU ARE NOW MAKING.

EXPRESSING MILK AT YOUR EMPLOYMENT SETTING

- ___ Express at least three times if separated from your baby eight to nine hours.
Time for mid-morning expression: _____
Time for lunch break expression: _____
Time for mid-afternoon expression: _____
- ___ Help your milk flow. When expressing breastmilk, it may be helpful to:
 - Massage your breast
 - Look at your baby's picture and think about your baby
 - Drink a beverage

THE BEST WAY TO MAINTAIN YOUR MILK SUPPLY IS TO REMOVE MILK FREQUENTLY

- ___ Identify a place you can store your breastmilk
 - Refrigerator
 - Insulated container with reusable ice packs

- Room temperature (less preferable)

___ Breastfeed your baby as soon as possible when you are reunited.

CALL (785) 354-5034 IF YOU NOTICE THE FOLLOWING:

- Decreased milk supply
- Red, tender or swollen are on your breast

APPROXIMATE AMOUNT OF MILK TO LEAVE FOR CHILD CARE PROVIDER

BABY'S WEIGHT	APPROXIMATE AMOUNT FOR FEEDING
6 to 8 Pounds	2 to 3 Ounces
9 to 12 Pounds	3 to 4 Ounces
13 to 15 Pounds	4 to 5 Ounces
over 15 Pounds	5 Plus Ounces

PROVIDE EXTRA FROZEN BREASTMILK, 1 TO 2 OUNCES, TO YOUR CHILD CARE PROVIDER IN CASE YOUR BABY WANTS MORE MILK AT A PARTICULAR FEEDING.

ENJOY THE SPECIAL BREASTFEEDING TIME WITH YOUR BABY

QUIET BEGINNINGS

PEACEFUL REUNIONS



BREASTMILK STORAGE GUIDELINES

	Room Temperature	Cooler with 3 Frozen Ice Packs	Refrigerator	Self-contained Fridge Unit	Deep Freezer
Freshly Expressed Breastmilk	6-8 Hours at 66-72° F	24 hours at 59°F	5-7 Days at 32-39° F	6 months	6-12 months at 0° F
Thawed Breastmilk (previously frozen)	Do Not Store	Do Not Store	24-48 hours	Never refreeze thawed milk	Never refreeze thawed milk

BREASTMILK SPOILS LIKE COW'S MILK, IF IT SMELLS SOUR—TOSS IT OUT!

STORING BREASTMILK

- It is normal for pumped milk to vary in color, smell and consistency, depending on your diet and time of day. Stored milk will separate into layers with the creamier milk rising to the top. Gently roll the warmed bottle to mix the layers; do not shake!
- You are able to add milk to the same container if collected within 24 hours. You should chill the freshly pumped milk before adding it to the bottle.
- You have 24 hours to put milk in the freezer after pumping.
- You are able to store your milk in any glass or plastic bottle with a locking lid or a breastmilk storage bag.
- Seal containers tightly and store upright. Store container in the back part of the refrigerator or freezer so it is closest to the cooling unit. Do not put milk in the door because the temperature fluctuates when you open the door.
- Write the date on a piece of tape. Do not write with marker on the container. Use the oldest milk first.

DETERMINING HOW MUCH MILK TO LEAVE

- It is a good idea to come into the clinic about three times in the couple of weeks before returning to work to get a before and after weight check. This allows you to get average milk consumption for your baby. It is not abnormal for your baby to take 1/2 -1 ounce more from the bottle since it comes faster.
- Most breastfed babies will level out at 3-4 ounces at a feeding. If a baby appears to still be hungry after taking the bottle, add an additional 1/2 -1 ounce at a time to satisfy. Choose a slow-flow nipple to reduce the amount baby gulps during feeding. This helps prevent wasting milk. Milk must be discarded an hour after feeding begins as this is the time when bacteria starts to grow.

DO	DON'T
HEAT MILK IN A BOWL OF WARM WATER	BOIL OR MICROWAVE MILK
GENTLY ROLL MILK TO INCORPORATE SEPERATED MILK	SHAKE MILK CONTAINER

DEAR CHILD CARE PROVIDER,

Thank you for helping care for _____.

Since breastfeeding provides so many benefits, I plan to continue breastfeeding as I return to my job. There are several things you can do to help. Each day I will bring breastmilk for my baby.

♥ The milk should be refrigerated until my baby is ready to drink it.

♥ Please warm the milk in warm water before giving it to my baby. Do not microwave the milk. Microwaves can destroy antibodies and can make "hot spots" that could burn my baby's mouth. Do not warm the milk in boiling water. Boiling water can destroy antibodies and coagulate proteins.

♥ Please hold and talk to my baby during feedings. Never prop a bottle for a feeding. Propping can cause choking and increase ear infections.

My baby likes to be held like _____

♥ My baby usually feeds at these times: _____

Or about every _____ hours. Breastmilk is easily digested so my baby will want to eat more often than babies who drink formula.

PLEASE DO NOT PUT CEREAL IN MY BABY'S BOTTLE. MY BABY'S DOCTOR DOES NOT RECOMMEND IT. IF CEREAL IS GIVEN EARLY, IT CAN INCREASE MY BABY'S CHANCE OF DEVELOPING ALLERGIES. MY BABY DOES NOT NEED WATER BOTTLES. (BREASTMILK CONTAINS PLENTY OF WATER).

♥ If my baby is still hungry after finishing his/her bottle,
____ add 1 to 2 ounces of milk to his/her bottle from a bottle in the refrigerator. Thaw some milk that I have left in the freezer and add to the refrigerated bottle for the next feeding.

____ add 1 to 2 ounces of formula to his/her bottle. Please mix the powdered formula that I have left.

♥ If my baby does not finish a bottle, throw away the left-over milk. Do not save it for the next feeding. Please tell me if my baby does not finish a bottle.

♥ Please do not give my baby a complete feeding just before I am due to arrive. If my baby is hungry, give enough milk to take the edge off his/her appetite. I will be nursing my baby when I return and I will call if I will be late. I will usually return at _____.

♥ If you run out of breastmilk for my baby's feeding:

____ Thaw frozen milk in warm water.

____ Please call me at work.

____ Mix powdered formula.

My baby enjoys these activities:

When my baby is fussy, try these things:

If you have any questions or concerns, please call me

Work: _____ Home: _____ Cell: _____

Other family members to call:

In case of emergency, call 911 or _____

My baby's doctor: _____ Doctor's phone number: _____

I prefer that my baby would be taken to this hospital: _____