



BREASTFEEDING YOUR BABY

Tips for Increasing Milk Supply

To establish a great milk supply and good weight gain for your baby, continue to breastfeed on demand right away after birth. This means offering the breast at any sign of hunger cues. Hunger cues can include: bringing hands to mouth, sticking tongue out, turning head side to side and opening mouth, rooting, looking for nipple or crying. Many breastfed babies will want to be at the breast often (10-15 times per day or more).

What is cluster feeding?

Sometimes babies want to cluster feed (meaning you just fed them and put them down, they wake up and cry and act like they want to eat again, even if has only been 20 minutes since the last feeding). Cluster feeding is normal and is Mother Nature's way of increasing your milk supply.

Are pacifiers OK to use when breastfeeding?

Pacifiers may interfere with a successful breastfeeding relationship because they may be offered INSTEAD of the breast when baby is showing hunger cues (like crying). However, if baby has just been fed and does not want to feed then it is absolutely OK to use a pacifier!

It is CRUCIAL to stay hydrated and fed while nursing. Immediately after birth is not the time to try and lose your pregnancy weight. Make sure you try to eat 2,000 calories a day and drink 3-4 liters of water daily — that means drinking 12-16 oz. every 3 hours during the day!

If it does not cause too much stress and if you have the time, it is a good idea to pump once or twice a day AFTER you feed your baby. A good time to start is once your milk come in (You can also pump before your milk comes in to try to help your milk come in faster, but do not be surprised if you get barely any or no milk! This is normal!). This helps to completely empty your breasts once or twice daily and encourages your body to produce more milk. A double electric breast pump and a hands-free pumping bra will allow you to massage your breasts while pumping which helps to more fully empty your breasts.

You can google "Hands On Pumping" to find a video from Stanford University to learn more about how to do this. Milkies Milk Saver and the Haakaa silicone breast pump can be used on the opposite breast while nursing to collect milk as well. The Milk Saver device will simply collect your let down, while the Haakaa will actually stimulate your nipple and could cause more let down and help to increase your supply.



One last method for helping increase supply, prior to birth (something you should definitely discuss with your obstetrician first!), is some antenatal nipple stimulation after 37/38 weeks. You can do this with either an electric or manual breast pump. Do not expect to get any milk and if this causes a lot of nipple pain then stop, we do not want to damage your nipples prior to the baby needing them.

Breast Pumps

The Baby Buddha pump is one of the most efficient pumps and has the strongest suction. This is a relatively new pump and thus is not usually covered by insurances, but this may be changing. Other pumps that are great but less strong include the Medela pump in Style Advanced (the main one you will see at Airway Oxygen or CareLinc) and the Sprecra S1 or S2 pump. Visit breastpumps.byramhealthcare.com to see all the pump options you have with your specific insurance.

Accessories

Simple Wishes has a great pumping bra. You can also cut holes in an old sports bra. You should always, if possible, use a pumping bra. This allows you to massage your breasts while pumping which helps to empty them more completely. Nursing can be hard. In order to help it feel more natural make sure you purchase a “My Brest Friend” or “Boppy” pillow prior to delivery. This makes nursing a lot easier.



Tips for Nipple Soreness

For any nipple soreness, use Lanolin cream on your nipples after every feeding. It is safe for baby to eat so does not need to be washed off before you latch baby again.

Lanolin can be purchased over the counter at most drugstores, Target, Meijer, Amazon, etc.

Another great nipple cream is Earth Mama Nipple Butter.

Milk Storage

There are many options of how you can store your breastmilk. Lansinoh, Medela and Kinde are a few. It just depends on your preference. Some systems allow you to pump right into the bags whereas others need you to pump into the bottles and then pour the milk into the bag.

Storage Guidelines per CDC Recommendations

| Type of Breast Milk | Storage Location and Temperatures | | |
|---|---|----------------------------------|--|
| | Countertop 77°F (25°C) or colder (room temperature) | Refrigerator 40°F (4°C) | Freezer 0°F (-18°C) or colder |
| Freshly Expressed or Pumped | Up to 4 hours | Up to 4 days | Within 6 months is best Up to 12 months is acceptable |
| Thawed, Previously Frozen | 1-2 hours | Up to 1 day (24 hours) | NEVER refreeze human milk after it has been thawed |
| Leftover from a Feeding (baby did not finish the bottle) | Use within 2 hours after baby is finished feeding | | |

Milk Sharing

Human Milk 4 Human Babies (Michigan)

Additional Resources

A great website with reliable information about breastfeeding and pumping is KellyMom.com.

Holland Hospital Lactation Consultants: 616.394.3269

Spectrum Health Zeeland Classes: 616.748.2834