

Name of Child: _____ Date: _____

How to Make Milk Until Your Baby Can Breastfeed

How to feed your baby breast milk when your baby cannot breastfeed yet

Your body knows your baby was born early and will make milk to match your baby's needs. The best milk for your baby is the milk that comes from you.

Until your baby is able to breastfeed, you will need to pump milk. Many moms get tired of pumping. But it is much easier to keep getting milk than to stop pumping and try to make milk again.

How to make the most milk when your baby cannot breastfeed

The more you pump, the more milk you will make.

Start pumping your breasts right after you have your baby. Pump 8 to 12 times each day. Pump every 2 hours during the day and at least one time during the night. Do not go more than 6 hours without pumping.

Drink a glass of water or juice every time you pump or nurse. Eat three good meals and a healthy snack each day you pump or nurse.

When you start to pump, this is how much milk you should get each time you pump:

In the first 24 hours after your baby is born: a few drops to 20 mL

On the second day: a few drops to 30 mL

On the third day: a few drops to 30 mL or more

On the fifth day: 30 mL or more

By the end of the first week, you should be getting more than 500 mL each day (16-1/2 ounces).

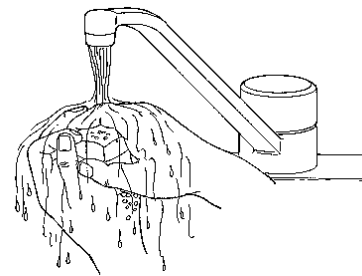
By the end of the second week you should be getting more than 800 mL each day (26-1/2 ounces).

If the amount of milk you get is less than listed above, tell your nurse or doctor. Ask to talk to a breastfeeding consultant.

No matter how much breastmilk you get, keep pumping. This is how your body knows it needs to make milk.

How to pump breast milk

1. Wash your hands with soap and water.
2. Set up the breast pump. If the directions are not on the pump, ask a nurse to help you.
3. Sit close to the pump. Relax and be comfortable. You can help start the let-down reflex by looking at a picture of your baby and thinking about your baby. Smell your baby's clothes, or things that remind you of babies. Drink something warm.
4. Using both hands, massage your breasts in a circle. Rub from the outside of your breasts toward your nipples.



**Wash your hands
with soap and water.**

5. Using the tips of your fingers, stroke your breasts lightly and gently. Stroke from your shoulder down to the nipple, from under your arms to the nipple. Then stroke from your waist up to the nipple, and from the middle of your chest to the nipple.
6. Then lean forward, hold your breasts and gently shake them, as if to shake the milk to the nipples.
7. Connect a clean bottle to the nipple shield. Attach the tube to the nipple shield and the pump.
8. Put the shield of the pump over your nipple. Make sure the whole shield touches your skin.
9. Begin pumping at a low level. Slowly turn the dial to make the machine pump harder. Using the breast pump should not hurt. Pumping too hard may make your nipples sore.
10. Follow the directions for the pump you have:

Classic, Lactina, or Manual Breast Pumps

1. Relax, massage, stroke, gently shake breasts
2. Pump each breast for 7 minutes
3. Relax, massage, stroke, gently shake breasts
4. Pump each breast for 5 minutes
5. Relax, massage, stroke, gently shake breasts
6. Pump each breast for 3 minutes
7. Keep pumping until you get no milk for two minutes.

Symphony Breast Pump

1. Relax, massage, stroke, gently shake breasts
2. Pump each breast for 10 minutes
3. Relax, massage, stroke, gently shake breasts
4. Pump each breast for 10 minutes
5. Keep pumping until you get no milk for two minutes.

11. Clean the parts of the breast pump after use.
 - a. Take apart the breast pump. Wash all the parts that touch milk or your breast with warm, soapy water.

- b. Rinse these parts in cold, clear water.
- c. Put the parts on a clean towel, and air dry.
- d. Cover them with a clean towel when not in use.

12. Once a day, after you wash the parts,
— boil the parts in 20 minutes, or
— wash all parts but the white membrane on the top rack of the dishwasher
or
— Use the Medela Quick Clean Micro-Steam bag (follow the instructions on the bag)

If you have any questions, or need help ask your nurse.

Now that you've read this:

- Tell your nurse or breastfeeding consultant how often you need to pump or nurse. (Check when done.)
- Show your nurse or breastfeeding consultant how you use the breast pump. (Check when done.)
- Show your nurse or breastfeeding consultant how you clean the breast pump. (Check when done.)

How to make more milk

Relax before you pump. Relax while you pump.

- Take a warm shower or put warm moist washcloths on your breasts before pumping.
- Massage your breasts while you are in the shower.
- Think about your beautiful baby. Think about your baby's soft hair. Think about the way your baby's skin feels.
- Think about being in your favorite place. Pick a place that is peaceful and calming.
- Listen to music you like.
- Relax by sipping a glass of juice, or a cup of tea without caffeine. Think about your beautiful baby.
- Focus on your breathing. Feel the air come in through your nose. Slowly blow the air out through your mouth.

— Repeat the word “re-lax” as you slowly breathe in and out.

3. Take care of yourself.

— Rest. Plan to take a nap during the day.

— Eat well. Eat three meals and 3 healthy snacks every day.

— Drink when you are thirsty to make pale yellow urine. Drinking more than your body needs will not help you make more milk.

4. Once a day, do the One Hour Power Pump

a. Using both hands, massage your breasts by moving your fingers in a circle.

Rub from the outside of your breasts toward your nipples. Most of the ducts are under your breast. Do this for 2 minutes.

b. Pump each breast for 10 minutes

c. Sit and relax for 10 minutes.

d. Repeat steps a to c two more times.

5. Hold your baby.

yes no Hold your baby’s skin up to your skin. This is called kangaroo care, and helps you make more milk.

yes no After you pump, let your baby suck on your breast like a pacifier. This is called nuzzling.

yes no Have your baby practice breastfeeding.

Don’t give up. You may have to do these things for 2 or 3 days before your breasts make more milk.

If you try these things and are still having problems, tell your nurse or doctor you want to see a breastfeeding consultant.

There may be medicine or herbs that can help you make more milk. Ask your nurse, doctor, or breastfeeding consultant if they are right for you.

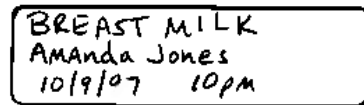
Now that you’ve read this:

Tell your nurse or doctor what you will do to make more breast milk. (Check when done.)

How to store breast milk

Pumping

- Always wash your hands before handling your breast milk.
- Pump your breastmilk into a bottle. Put a cap on that bottle to store the breast milk. Each pumping session, use new bottles.
- If your baby is in the hospital, we will give you bottles and caps.
- Put a label on every bottle of breast milk. Write on the label:
 - breastmilk
 - your baby's name
 - the date
 - the time you pumped the milk



Put a label on every bottle of breast milk.

Put a label on every bottle of breastmilk.

Storing

- As soon as you pump milk, put it in the refrigerator or freezer.
- Fresh breast milk stays good in the refrigerator for 48 hours.
- If your baby will not be using the breastmilk within the next 24 hours, put it in the freezer.
- Thawed breastmilk stays good in the refrigerator for 24 hours.

Freezing

- Frozen breastmilk stays good
 - in a refrigerator freezer for 3 months and
 - in a chest freezer for 6 months.
- Thaw frozen breastmilk in the refrigerator or under warm running water. It is not safe to thaw it by letting it sit out at room temperature.
- Never warm or thaw breastmilk in a microwave oven.
- Once breastmilk thaws, it is not safe to freeze again. If the breast milk is still very icy, you may put it back in the freezer.

- Use the oldest breast milk first. Put new milk behind the milk that is already in the freezer.
- When you bring breast milk from home to the nursery, keep it frozen. Put the bottle of milk in a cooler with a freezer pack. If you have a long trip to the hospital, use dry ice to keep your milk frozen.

In the hospital

- Ask your nurse about how to give your baby breast milk. You may:
 - Pump milk while you are in the hospital, and leave it there for your baby.
 - Bring breast milk that you pumped and stored at home.

Now that you've read this:

- Tell your baby's nurse what you need to do to store breast milk safely.
(Check when done)
- Tell your baby's nurse how you will thaw frozen breast milk. (Check when done)

How to make the best breastmilk

- You will make less milk if you smoke cigarettes. This is caused by the nicotine in the cigarettes. It is best if you don't smoke at all. If you have to smoke, smoke less than 7 cigarettes a day.
- Alcohol you drink goes into your breast milk. When the alcohol leaves your body, it is not in your milk. It is best not to drink. If you do, drink only a small amount and throw out that milk once. If you need to drink more than a small amount, tell your nurse or doctor. You should not give your baby breast milk that has alcohol in it.
- For your baby's safety, you cannot use illegal drugs and feed your baby your breast milk. If you used illegal drugs any time during your pregnancy, even if you are not using drugs now, your milk will be tested before it is given to your baby.
- Medicine your doctor prescribes for you may be safe, but some are not. Tell your nurse, doctor, or breastfeeding consultant what medicine you are taking before your baby gets your breastmilk.

Where to get help

Breast-Feeding Consultants, Breast Pump Rentals and Sales

Phoenix Children's Hospital Lactation Consultants

message phone 602-546-1888

Banner Good Samaritan Medical Center

Breastfeeding answer line 602-239-3502

Judy Okney, RN, IBCLC and Ginny Silver, IBCLC

Banner Desert Medical Center 480-835-3035

Debi Daniels, RN, IBCLC; Kathy Shay-Shapiro, RN, IBCLC; and Shauna Kriss, RN, IBCLC

NICU – Merrie Rheingans, RN, IBCLC and Jamie Dick, RN, IBCLC 480-512-5146

Banner Thunderbird Medical Center 602-588-5920

5555 W. Thunderbird Ave., Glendale

Bonnie Jones, RN, IBCLC and Candace Sibly, RN, IBCLC

Nursing Mothers' Support Group, Meets Wed. and Sat. 10am to 11:15 602-865-5955

Banner Mesa Medical Center 480-461-2684

Julia Kalehauawehe, RN, IBCLC

1111 E. McDowell Rd

Phoenix

Banner Good Samaritan Gift Shop 602-239-5677

1111 E. McDowell Rd

Sales: Medela Pump In Style, Medela Harmony Manual Pump, Bras, Pump parts, Soothies

Rentals: per month with \$20.00 deposit. Madela Lactina - \$40.00, Symphony - \$ 70.00

Anything For Baby 480 515-9783

Rentals: Medela Lactina

Free Valley-Wide Delivery. Delivery within 4 hours or less of request

Mother's Milk Boutique. 480-922-4615

10816 N. Scottsdale Road (Scottsdale Rd. and Shea)

Rentals: Medela Classic, Symphony & Lactina

Sales: Medela Pump In Style, Ameda Purely Yours, and others

Essential Touch Wellness Spa at Scottsdale Healthcare-Shea480 860-3655
90th St. and Shea
Rentals: Medela Lactina, Symphony, and Classic
Sales: Variety of breast pumps, breastfeeding supplies, nursing bras
Consultations, breastfeeding support groups, educational classes.480 323-3638
Breastfeeding Comfort Line480 323-3563

East Valley

Emma Abel, RN, CLE (Certified Breastfeeding Educator)480-924-2482
3320 E. Ford Ave. Gilbert
Rentals: Medela Lactina
Sales: Medela Pump In Style, Bailey Medical Nurture III
Home Consultations, Breastpump delivery (Cost depends on location)

Doris Christiansen, RN, IBCLC480-833-2262
2464 E. Menlo Street, Gilbert and McKellips, Mesa
Rentals: Medela Classic & Lactina
Sales: Medela Pump In Style, Double Ease, Mini-Electric and others
Consultations: Office and home visits. Free breastfeeding support groups.

The Breastfeeding Center at Banner Desert Medical Center480-512-6455
2145 W. Southern Ave. #358
Rentals: Medela Lactina, Symphony, Baby Weigh Scales
Sales: Medela Pump In Style, Harmony, bras

Banner Mesa Medical Center Gift Shop480 461-2794
1010 N. Country Club Dr.
Rentals: Medela Lactina

Maryann Thurston, BS, IBCLC
2347 W. Lomita Circle Mesa (Baseline and Dobson)480-831-9504
Rentals: Ameda Lact-E, Elite, SMB (Fits Medela collection kit)
Sales: Ameda Purely Yours, Nurture III, Medela Pump In Style
Consultations

Flagstaff

Brenda Phipps, BS, IBCLC
The Breastfeeding Center928-773-2605
1200 N. Beaver St.
Rentals: Medela Classic & Lactina Sales: Medela Pump In Style Consultations

Northland Homecare.928-779-0595
Sales: Medela Pump In Style, Ameda Purely Yours

Pinetop

Aspen Oxygen Equipment 928-367-2450
Rentals: Medela Classic, Ameda Elite Sales: Medela Pump In Style & Mini Electric, Ameda Purely Yours Haberman Feeders, Breast Shells

Prescott

Goodwin Street Pharmacy. 928-445-3550
406 W. Goodwin Street
Rentals: Medela Lactina

Payson

Cheri Brown, RN 480-585-6220
Rentals: Medela Classic & Lactina Delivers pumps to Payson

Tucson

Desert Cradle at Tucson Medical Center
Rentals: Medela Lactina 520-324-2180
Sales: Medela and Ameda products
Consultations 520-324-5730
Breastfeeding Support Group

Danny’s Pharmacy & Home Health. 520-795-4271
Rentals: Medela Lactina

WIC Program

If you are participating in the WIC program, you can get help with breastfeeding at your clinic. You may also borrow an electric breast pump if you have a premature baby, difficulties with breastfeeding, or are going back to work or school.
To find the nearest WIC Clinic, call 602-542-1886

Yuma 928-336-1228
Breastfeeding Support 928-336-1211

La Leche League

Phoenix and Northern Arizona 602-234-1956
Tucson and Southern Arizona 520-721-2516
www.lalecheleague.org (multi-lingual)

La Leche League provides phone support from experienced mothers trained to help you. Call for information about mother support group meetings in your area.

Arizona Department of Health Services

Pregnancy and Breastfeeding Hotline (bi-lingual) 1-800-833-4642

Breastfeeding National Network (Medela) 1-800-835-5968
www.medela.com

Ameda Helpline 1-877-992-6332, Option #2
www.ameda.com

ADOBE – Doula Services
Light housekeeping and breastfeeding support
Valley Wide 602-864-6240

Sacaton Genesis Program 520-562-1237
Gila River Reservation
breast pump grant program

Indian Health Services – Hotline and breast pumps 877-868-9473
Breast pump program for HIS participants, PIMC

Arizona Breastfeeding Coalition
Free online breastfeeding classes
www.linkagesproject.org



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
866-933-6459
www.phoenixchildrens.com

Disclaimer
The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Friday, August 29, 2008 • DRAFT to family review
#913 • Written by Voni Miller, IBCLC



How to Make Milk Until Your Baby Can Breastfeed

Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: _____ Number: 913
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.
Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No
easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

Fran London, MS, RN
Health Education Specialist
The Emily Center
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-546-1395

flondon@phoenixchildrens.com

Thank you for helping us!