

BREAST PUMP BASICS

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CARE

Breastfeeding is an intimate experience that develops a special bond between mother and baby with benefits for both. Research shows that breast milk stimulates general health, growth, and development in infants while preventing allergies and infections. Mothers who breastfeed return to their pre-pregnant weight sooner and have a reduced risk to various cancers.

Some nursing moms find breastfeeding easy and uncomplicated, while others find it more daunting. But all moms breastfeed better with the support of family and friends, and often with the help of a good breast pump. A pump can ease the nursing experience by allowing mothers to return to work, stimulating milk production, and letting others help with feeding.

GETTING STARTED

Read the instructions before using your pump. Wash your hands, and make sure all bottles and pump parts are clean. Clean the parts according to the manufacturer's instructions. Practice putting it together to become familiar with its parts.

If your kit includes breast shields, use one that fits, and select the maximum suction that also feels comfortable. Sit in a quiet area near your baby or her picture to encourage your let-down reflex. Pump until your milk has stopped flowing for 1 to 2 minutes. Empty your breasts as much as possible to keep them lactating at greatest capacity.

The amount of breast milk you pump will vary depending on your baby's needs, so don't worry about trying to pump a specific amount.

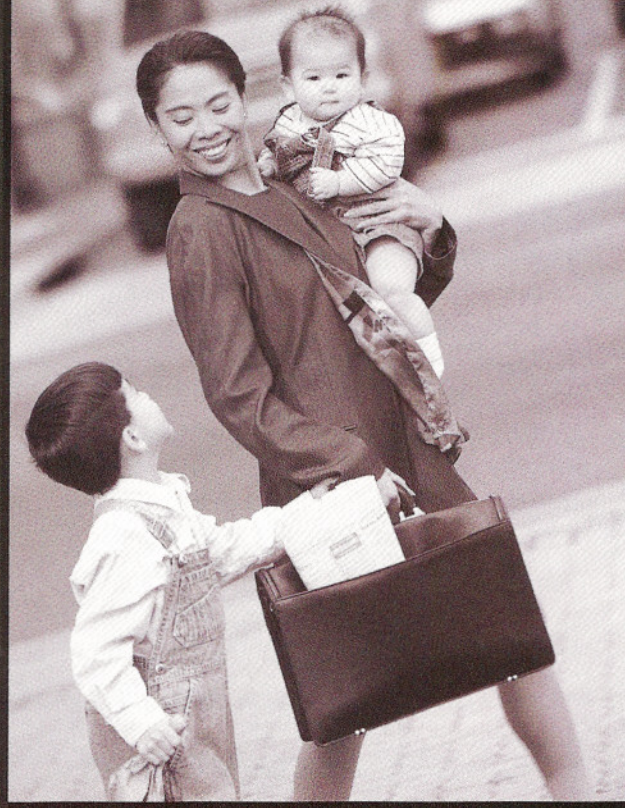
Storage

Store your breast milk in glass or polypropylene plastic containers or in storage bags made especially for breast

milk. Your milk can be refrigerated for 5 to 7 days. You can add freshly-expressed, cooled milk to a container you've refrigerated that day, but avoid adding warm milk to cooled; it raises the refrigerated milk's temperature and encourages bacterial growth.

Freeze milk in sealed and dated containers in 2 to 5 ounce portions for easier thawing. Breast milk can be frozen for 6 to 12 months. To thaw, leave milk in the fridge overnight or hold under warm running water. Never defrost milk in the microwave; this damages its composition and forms hot spots that can burn your baby's mouth. Thawed milk can be refrigerated for 24 hours, but never refrozen; each time you defrost it, it loses some of its bacterial immunity.

Don't worry if your pumped milk looks funny. Breast milk varies in color, consistency and scent, and stored milk separates into layers. Simply blend together by gently swirling the container when warmed.



RETURNING TO WORK

You don't have to quit breastfeeding just because you're back on the job—a breast pump will allow you to continue feeding your baby the very best.

Before you return to work, let your employer know you plan to continue breastfeeding. Explain that you will need a private place to pump each day, and that you'll have to pump at specific times. A locked office with an electrical outlet is optimal (though most pumps have battery options as well). Usually a new mom will need to pump three times during an eight-hour shift, or every three hours that you are away from your baby. If you can't pump that often, do it as much as you can during the day.

Begin pumping to build up a milk supply one or two weeks before returning to work. You can also use this time to help your baby adjust to the bottle and your daytime caregiver. Try to return to work gradually, scheduling your first day toward the end of the workweek.

Use the fresh breast milk you pump at work for feedings the next day. Nurse in the morning, evening and on weekends, and save frozen breast milk for emergencies.



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Many mothers returning to work hit a wall of exhaustion and frustration with their manic schedules, and they experience a sense of guilt from leaving their baby behind. These feelings are universal, and with the support of your partner and a sense of perspective, you will soon feel better and settle into a routine.

Let your partner take responsibility for the meals and household chores so that you can focus on working, nursing, and resting. Save the laundry, heavy cleaning and shopping for the weekends, when you can rest and then do these chores together.

Use your nursing time to relax and reconnect with your baby. Sit or lie in a quiet place, and enjoy the experience. Remember to keep a sense of perspective; this is a relatively short span in the length of your life and your child's. A meaningful relationship with your healthy baby will outweigh a rough couple of months.

BREASTFEEDING RESOURCES

For more information on breastfeeding and breast pumps, contact:

- **American Academy of Pediatrics**
www.aap.org
- **All About Breastfeeding**
www.breastfeeding.com/allabout.html
- **Breastfeeding National Network**
1-800-TELL-YOU
- **Consumer Reports**
www.consumerreports.org
- **International Lactation Consultant Association**
www.ilca.org
- **La Leche League International**
www.lalecheleague.org
- **Nursing Mother's Council**
www.nursingmothers.org
- **Promotion of Mother's Milk, Inc.**
www.promom.org
- **Hospital postpartum unit**
- **Doctor or midwife**

ALL ABOUT BREAST PUMPS

Plan to have your breast pump on hand before your baby is born to avoid last-minute shopping trips when you're already busy caring for your new little one. There are a variety of pumps to suit different needs.

Choosing a Pump

The three types of breast pumps are hospital-grade electric, personal-use electric, and manual.

A hospital-grade electric pump is recommended if you are having difficulty nursing due to medical reasons. They are designed to help build and maintain your milk supply and are available on a rental basis from your hospital, lactation consultant or a medical equipment rental store.

Personal-use electric pumps are often faster and more effective at removing breast milk than manual pumps.

They are ideal for working moms who pump throughout the day to maintain their milk supply. A double electric pump can cut pumping time to 15 minutes by emptying both breasts simultaneously. These are easy to carry to the office and come with all the necessary attachments.

Manual pumps are small, lightweight, and easily portable. They are suited for the stay-at-home mom who will only miss the occasional feeding.

Used and Rental Pumps

Never buy or share a used personal-use pump. Breast milk can transmit bacteria from person to person (but usually not to your baby; don't worry!) and personal pumps cannot be fully sterilized. Hospital-grade and rental pumps are specifically designed with barriers and filters that prohibit milk from entering the motor, thereby preventing cross contamination.

Purpose	Hospital-Grade Electric	Personal-Use Electric	Manual
OCCASIONAL USE			
A missed feeding	•	•	•
Some time away from baby	•	•	•
Part-time work	•	•	•
DAILY USE			
Full-time work	•	•	
MEDICAL REASONS			
Premature or hospitalized baby	•		
Low milk supply	•		
Latch-on problems	•	•	
Breast infection	•	•	
Sore nipples	•	•	•
Engorgement	•	•	•
Flat or inverted nipples	•	•	•

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