

Name of Child: _____ Date: _____

Providing Breastmilk to your Baby at Phoenix Children's

If your baby is admitted to Phoenix Children's, we encourage you to breast feed or provide breastmilk to them. All babies benefit from their mother's breastmilk. Antibodies are present in your milk and are like an antibiotic that your body makes to protect your baby from illnesses and infections. Any amount of breastmilk your baby gets is beneficial. The longer your baby gets your breastmilk, the greater the benefits will last for you and your baby.

Breastfeeding is an amazing bonding time for you and your baby. Most women can produce breastmilk. If your baby cannot breastfeed, you can still pump your breastmilk.

Benefits of breastmilk:

- Breastmilk is the preferred feeding for babies, especially premature and sick newborns because it acts like a medicine.
- Your breastmilk meets all the nutritional needs of healthy babies. Premature and sick newborns may need **milk fortifiers** (a nutritional supplement that is added to your breastmilk) to help a baby grow.
- Breastmilk protects against infections. It can also help prevent a serious bowel disorder in sick infants called **necrotizing enterocolitis (NEC)**.
- Your breastmilk has antibodies in it that will protect your infant now and also throughout their life from many diseases and illnesses.
- Babies on breastmilk show improved cognitive development and a lower risk of developing allergies, asthma, diabetes, and obesity compared to babies on formula.
- You also benefit from providing breastmilk to your baby as you have a decreased risk of cancer, osteoporosis, diabetes, and other diseases.



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Colostrum, the first milk:

- Colostrum is yellow in color and is also called "liquid gold".
- It is nutrient-rich and high in antibodies and antioxidants to help build your baby's immune system and protect them from illnesses. These are not provided in formula.



- Colostrum is “custom made” by your body specifically for your baby.
- Colostrum is produced in small amounts so try not worry if you do not get much when you first begin to pump after your child’s birth. You should make more in milk within a few days.

Getting started: Pump as soon as possible after delivery

- If your baby is not able to breastfeed right away, it is important to start pumping as soon as possible. The goal is for you to start pumping within 4 to 6 hours of delivery.
- If you were able to breastfeed your baby right after birth, it is important to maintain your milk supply by pumping often while your baby is in the hospital and cannot breastfeed. Pumped breastmilk can often be given through a feeding tube until baby can feed again at the breast.
- The sooner you start pumping, the more milk you will make. Early and frequent pumping will help your breasts make a good supply of breastmilk.
- At first, you will get very little milk with pumping, maybe even just tiny drops of milk. This is normal.
- Try to reach a goal of pumping 8 times in 24 hours. Your milk production should slowly increase, usually around 3 to 4 days after birth.



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What you will need:

- Many birth hospitals have a hospital-grade electric breast pump for you to use while you are there. Ask your nurse to help you get started. Pumps are also available for you to use at Phoenix Children’s once you arrive.
- For home, most insurance companies cover the cost of a breast pump. We recommend you get a double electric pump. Contact your insurance company to help you with getting a pump for home. You can also rent a hospital-grade pump if you would like.
- WIC is a good resource to obtain an electric breast pump if you are eligible. If you have AHCCCS medical insurance, you are eligible for WIC and should enroll to get a breast pump as a loaner.
- Phoenix Children’s will provide you with all the supplies you need for pumping in the hospital. If possible, we recommend you to pump next to your baby as this can help your milk supply.
- Hand expression is a good way to help your breasts make milk initially in addition to pumping. Ask your lactation consultant for help on hand expression.



How to pump, store and transport your breastmilk:

- Clean your hands by washing them with soap and water or use alcohol-based hand sanitizer before pumping.
- Pump both breasts at the same time if you are able to. Pump for 15 minutes every 2 to 3 hours in 24 hours, which is at least 8 times per day. You need to pump at least once during the night.
- Do not wait until your breasts feel full to pump. The more often you pump, the more milk you will make over time.
- Use clean, new bottles or bags for each pumping session.
- Label each bottle with the labels given to you by your nurse. Ask your nurse if you are not sure how to label your breastmilk.
- Refrigerate the milk if you plan on bringing it to the hospital within 24 hours. If not, freeze the milk and bring it to the hospital the next time you visit.
- Keep it cold when you bring it to the hospital in a cooler bag with ice packs.
- Bring all your milk each time you visit. Even small amounts of your breastmilk help your baby and can be used for oral care, along with feedings. If you are still at the birth hospital but have milk already (even drops), give it to the transport team to bring with your baby to Phoenix Children's.
- If you have milk left on your nipples after pumping or breastfeeding, gently rub it on your nipples and let them air dry. This protects your nipples from soreness.
- Pumping or breastfeeding should not be painful. If you are feeling pain, ask your nurse or lactation consultant for help right away. You want to make sure to avoid any damage to your breast tissue or nipples.



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Education and resources:

- Almost all medicines are safe for you to take when you are breastfeeding or providing breastmilk to your baby. Make sure to discuss all medicines you are taking with your lactation consultant and your baby's doctor.
- More detailed handouts and education are available from your nurse or lactation consultant at Phoenix Children's.



- Phoenix Children's also has a family health library for parents and patients called The Emily Center. It is located at the Thomas Campus on the first floor of the East Building. You can request patient education and health information in person, you can call them, or you can ask your baby's nurse to help you with your request.
- Phoenix Children's Lactation Consultants are available to you by telephone until you are able to visit your baby. Ask your baby's nurse to contact a Lactation Consultant for a phone call or to see you in person once you can visit your baby at Phoenix Children's.

Now that you have read this:

- Tell your nurse or doctor when you will start pumping and how often you need to pump. (Check when done.)
- Tell your nurse or doctor how you will get a breast pump for home. (Check when done.)
- Tell your nurse or doctor how you will label and transport your milk to the hospital. (Check when done.)
- Tell your nurse or doctor who to ask for if you need help with pumping or breastfeeding. (Check when done.)



If you have any questions or concerns,

- call your baby'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 Thomas Campus

1919 E. Thomas Rd., Phoenix, AZ 85016 | 602-933-1400 | 866-933-6459

phoenixchildrens.org | theemilycenter.org

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Disclaimer

The information provided is intended to be general information for educational purposes only. It is not intended to take the place of an examination, treatment, or consultation with a health care provider. If you have any questions about your child's care, contact your child's health care provider.