

How to use the Breast pump?

- Wash hands
- Pump 8 to 10 times in 24 hours
Every **2-3 hours** daytime / no more than 4 hours at night
*Pumping at night is important to maintain a good milk supply
- Pump for **15 to 30 minutes**, or until milk stops flowing
- **Suction** – start at 1%, Increase until you reach your highest comfortable level
Pumping should not hurt, every mom will have a different comfortable setting
- **Speed**- start at the fastest setting (80 cpm) and adjust to the milk flow.
*When the milk flow starts (let down) or after 2 minutes slow the speed down to 50 – 60 cpm

How to help the milk flow using a breast pump?

- **Massage** your breasts toward the nipple before/during pump use
- Apply a **warm** compress to the breast or take a warm shower before pumping
- **Hand express** after using the breast pump to empty the breast
*Remember the milk toward the end of the pumping session is the hind milk.
Hindmilk contains more fats for baby to grow
- Pump at your baby's bedside if possible

- Find ways to relax while using breast pump
Ex. Looking at a picture of your baby

Storage and Handling

- Storage bottles and syringes will be provided for you
- **Breast Milk Labels** – to be filled out with Date/Time and attached to syringe/bottles
- **Fresh pumped** breastmilk can be at room temperature (76 F° or colder) for **4 hours**
- Breast milk can be stored in **refrigerator** for **48 hours** after pumping
*If baby will not consume within 48hours please place milk in freezer
- **3-4 months** in freezer
- **6 months** or more in **deep freezer** (0 F° or colder)
- Please transport milk in insulated bag or cooler with ice packs to ensure freshest delivery
- **NICU storage guidelines** are different than standard guidelines

Keep in Mind

- NICU has a pumping room for moms
- One breast will sometimes produce more milk
- It is important to be consistent with using the breast pump, especially the first 2 weeks

- **Prolactin** is a milk making hormone and is highest between 1AM and 5AM, pumping at night is necessary
- Making milk for your baby burns lots of calories, inquire about your **FREE** breast feeding meals

Skin to Skin (Kangaroo Care)

Benefits For Your Baby

- Increases weight gain
- Improves breathing
- Regulates temperature
- Decreases heart rate and calms baby
- Helps to bond with baby
- Increases breastmilk production
*Try using breast pump after being with your baby skin to skin to increase milk supply



What is Power Pumping?

- It can **increase milk supply**
- Breast milk production is supply and demand
- It replicates a baby demanding more milk

How to Power Pump?

- Pump for 10 minutes, then rest for 10 minutes
- Repeat this sequence for 1 hour



Non-Nutritive Breastfeeding

Your baby is ready when...

- Baby does well with **skin to skin**
- **Heart rate and breathing** are strong and regular
- Baby does not need the breathing machine anymore
- **Before** Non-Nutritive breastfeeding **remember to pump your breasts**

Non-Nutritive sucking is great to do **during tube feedings**



Nutritive Breastfeeding

Your baby is ready when...

- Baby is **active, alert** and can **coordinate** their **sucking** skills
- Baby is not having trouble breathing and may be on a nasal cannula
- After Nutritive Breastfeeding it is important to **pump** to **increase milk supply**
- Baby will be weighed before and after feedings to measure how much milk baby fed.

Looking for More Resources?

Important Phone Numbers

NICU Lactation 954-265-7867

NICU 954-265-4270

Resources

Broward County WIC 954-467-4511

Dade County WIC 786-336-1333

Kellymom.com

Newborns.Stanford.edu/breastfeeding

Workandpump.com

Breastfeedingonline.com

Espanol: Lacted.com

Smart Phone Application: Pump Log

Breast Pump Rentals

Hollywood Discount Pharmacy 954-989-6300

More Retailers:

www.Ameda.com/www.Medela.com



Joe DiMaggio Children's Hospital does not endorse any particular product or retailer. This is not intended to serve as a recommendation from Joe DiMaggio Children's Hospital nor is it an all inclusive list.



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Neonatal ICU Lactation Resources

Breastfeeding starts with drops of colostrum and every drop counts !

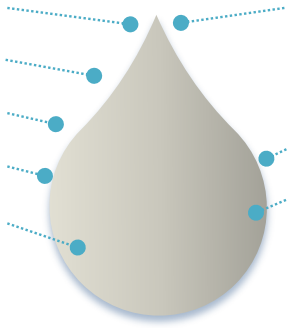
A drop of breastmilk is great for the **oral care** of your baby. It's like medicine!

A DROP OF THE GOOD STUFF

Your breast milk changes constantly to meet the needs of your baby.

Here are just a FEW of the components that may be present:

Water	Hormones/growth factors
Proteins	Vitamins and Minerals
Lactose	Stem Cells
Antibodies	Oligosaccharides
Essential Fatty Acids	Antibacterial &



Did you know?

When you provide breast milk to your baby you are giving them the best medicine that **only you** can offer.

Research shows that breastmilk provides important protection for your baby that helps reduce the length of hospital stay and the risk of common complications.

