



Baby Bonds

Returning to Work





Medical Disclaimer

This guide offers an understanding of Tongue Tie and information on Tongue Tie Releases. Baby Bonds is offered strictly as an educational resource. By using the website, or any webpages or services related thereto, including but not limited to the Telehealth services or breastfeeding guide the user agrees that the Website and Services do not constitute medical advice and are not to be construed as giving or receiving medical advice, nor to set up a client/lactation consultant relationship. The Website and Services are not a substitute for appropriate medical care. Please consult with your medical/healthcare provider for medical advice and for specific questions relating to your medical situation. Telehealth visits, clinic consults, and home visits are available but will require a signature on a consent form before private services can be offered.





All About Supply

Supply Tips

- Your milk is established in the first few weeks of your baby's life
- Frequent nursing develops prolactin receptor sites
- Prolactin is the milk making hormone
- Help baby get a good latch
- Breastfeed frequently (8-12 times in 24 hours)
- Spend lots of time skin to skin
- If you are away from babe, pump 8-10 times per day
- Milk supply can be adversely affected by alcohol, cigarettes, over the counter cold remedies, antihistamines, decongestants, and hormone-based contraceptives



Nutrition & Fluids

- Breastfeeding mothes need 500 extra calories each day
- Oatmeal and brewer's yeast can support milk supply
- High proteins, healthy fats
- Limit sugar and simple carbs
- Drink to thirst-around 100oz of water a day
- Too much water can decrease your milk supply by kicking in the antidiuretic hormone-rare
- Pale urine means you are getting enough fluid



Possible Causes for Low Milk

- ♥ Retained placenta-may need ultrasound to determine
- ♥ Cesarean delivery
- ♥ Prolonged delivery
- ♥ Significant blood loss
- ♥ Traumatic or high intervention birth
- ♥ Obesity
- ♥ Unresolved edema in breast
- ♥ Maternal age
- ♥ Insufficient glandular tissue
- ♥ PCOS, diabetes, thyroid





Low Milk Supply Signs

- ➔ Inadequate stool or urine
- ➔ Low weight gain
- ➔ Lethargic or sleeping too much
- ➔ Baby showing no signs of fullness
- ➔ Jaundice





Increasing Milk Supply

- ➔ Schedule an appointment with an IBCLC for assessment
- ➔ Have a "babymoon" (24 hours in bed, skin to skin)
- ➔ Feed baby more often
- ➔ Rest
- ➔ Breast compressions
- ➔ Pump after feedings
- ➔ Acupuncture
- ➔ Herbal galactagogues: moringa, goat's rue, shatavari or herbal supplement blend without fennugreek
- ➔ Metformin, reglan, domperidone- prescription needed





Fenugreek

Fenugreek, a blood thinner, should be avoided for premature infants. It can also cause digestive issues in mom and baby. In addition, if the mother has diabetes, PCOS or thyroid issues, milk supply may be negatively impacted.





If You Need to Supplement

Donor Milk

- ♥ Donor milk is an option
 - Family or friends
 - Midwife or IBCLC referral
 - Eats on Feets
 - Human Milk for Human Babies

- ♥ Safety is essential
 - 75% of donated milk had bacteria contamination because of pump parts or insufficient hand washing

- ♥ Donor safety
 - A recent 3% of donors had a dangerous communicable disease that they were unaware of that would make them an unsuitable donor candidate

- ♥ Ensure your donor is aware of the potential risks to your child

Formula- Avoid Corn Syrup

- ♥ Safe formula preparation-
cromobacter bacteria can cause severe blood infections or meningitis
 1. Boil water
 2. Measure need water into bottle
 3. Add powdered formula
 4. Gently shake
 5. Cool to a safe temperature

A SMALL AMOUNT OF BREASTMILK IS BETTER THAN NO BREASTMILK. KEEP FEEDING BABY AND SUPPLEMENT WHEN NEEDED.



*Safe Formula
Preparation Tutorial*



Paced Bottle Feeding

- ♥ Position baby in upright, with hand behind neck for support
- ♥ Caregiver should tickle baby's lips with bottle
- ♥ Allow baby to suck without milk present to mimic the effect of letdowns
- ♥ Hold the bottle horizontally, which slows the flow significantly
- ♥ After 20-30 seconds of feeding, the bottle is tipped downward or removed from baby's mouth to stop the flow of milk which is a similar pattern to breastfeeding- this can help protect breastfeeding since baby has to work to get milk
- ♥ Repeat until baby is satiated
- ♥ Tips for success: Maintain proper latch even on the bottle, and use slow flow nipples which will be similar to mother's breast output



[Paced Bottle Feeding Tutorial](#)



Going Back to Work

- Make sure that your flanges are the right size. The ones that come with the pump are often too big and it will decrease suction
- If working full time, a double-electric is recommended
Spectra S2 is the best on the market that insurance companies cover
- Hospital grade pumps for rent if needed - will likely be more effective than a non-hospital grade
- Hand express after pumping- Stanford study showed that massaging and hand expressing during and after pumping doubled milk output
- Make sure and pump every few hours to maintain supply when you go back to work or are away from baby



[Purchase Spectra S2](#)



Not Pumping Much?

- Check tubing- make sure they are on tight
- Make sure your flanges are the right size, be fitted by IBCLC
- Consider a hands free pumping bra
- Massage while you pump
- Record your baby to listen to
- Have a picture of your baby
- Increase suction as high as you can without pain
- Replace membranes and valves on pump often





Caring for Your Pump Parts

- ➔ Wash your hands before you handle your pump parts
- ➔ Pump parts can be rinsed after most uses and put in a ziploc and stored in the fridge for up to 24 hours
- ➔ Wash with hot soapy water at least once a day and air dry -if you are dealing with yeast then they need to be sanitized with vinegar after every use.





Storing Breastmilk

- ➔ Fresh- 5 hours at room temp, 5 days in fridge, 5 months in freezer
- ➔ Previously frozen thawed in fridge- 4 hours at room temp, 24 hours in fridge, do not refreeze
- ➔ Previously frozen and thawed in warm water- use immediately, do not refreeze
- ➔ Hard plastics and glass containers show the least loss of immunologic factors



Purchase Breastmilk
Storage Bags



Combining Breastmilk

- ➔ Chill breastmilk before adding to frozen breastmilk or chilled breastmilk
- ➔ Avoid adding too much at a time, as it can thaw frozen milk
- ➔ Risk of contamination every time the container is open
- ➔ Not recommended for premies





Heating Breastmilk

- Never heat milk in microwave-loss of immunological properties, and there can be a hot spot that burns babe
- Run it under warm water to defrost
- Sit in container with warm water
- Use bottle warmer

 [Purchase Bottle Warmer](#)





Returning to Work

- ➔ Protect supply by pumping every 3 hours and massage while pumping, hands free bras help
- ➔ If possible, have baby brought to work at least once during the day or go home to breastfeed
- ➔ Make sure you have breaks built into your schedule
- ➔ Talk to employer beforehand and have a game plan



[*How to Pump Effectively Tutorial*](#)





Increase Your Success

- ♥ Skin on skin as much as possible
- ♥ Babymoon- mom and baby in bed for 2 days
- ♥ Massage during feeds to increase transfer
- ♥ Biological breastfeeding for comfort and better positioning
- ♥ Try to relax- babies can sense stress
- ♥ Nose to nipple, tummy to tummy
- ♥ Find a support group
- ♥ Family
- ♥ La Leche League
- ♥ Hospital's new mom's groups
- ♥ Friends in your neighborhood



[Purchase Book 'Womanly Art of Breastfeeding'](#)





Don't Worry, You've Got This!

Best wishes on your breastfeeding journey! Know that we are here for you if there is anything you need.

*Home and clinic visits
available in Boise, Idaho.
Virtual visits also available.*



[Find Baby Bonds here](#)



[Join Boise Breastfeeding Support Facebook Group here](#)





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