

# Returning to Work





### Medical Disclaimer

This guide offers an understanding of Tongue Tie and information on Tongue Tie Releases. <u>Baby Bonds</u> 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 deterine
- 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
- Herbal galactagogues: moringa, goat's rue, shatavari or herbal supplement blend without fennugreek
- Metformin, reglan, domperidone- prescription needed



# Fenugreek

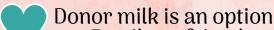
Fenugreek, a blood thinner, should be avoided for premature infants. It can also cause digestive issues in mom and baby. In addition, if the mother has diabetes, PCOS or thyroid issues, milk supply may be negatively impacted.





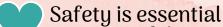
### If You Need to Supplement

#### Donor Milk

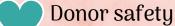


Family or friends

- Midwife or IBCLC referral
- Eats on Feets
- Human Milk for Human Babies



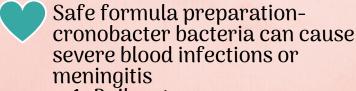
 75% of donated milk had bacteria contamination because of pump parts or insufficient hand washing



 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



- 1. Boil water
- 2. Measure need water into bottle
- 3. Add powedered 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.





## 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 breastfeedingthis 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







# 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







# 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







# 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







## 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







#### Increase Your Success

Skin on skin as much as possible

Find a support group

Babymoon- mom and baby in bed for 2 days

Family

Massage during feeds to increase transfer

La Leche League

Biological breastfeeding for comfort and better positioning

Hospital's new mom's groups

Try to relax- babies can sense stress

Friends in your neighborhood

Nose to nipple, tummy to tummy







#### 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, Jdaho. Virtual visits also available.



Find Baby Bonds here



Join Boise Breastfeeding
Support Facebook Group here





# References

& Kelly Mom

Dr. Ghaheri

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Study on Antenatal Expression

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Breastmilk Solutions

WebMD Breastfeeding vs. 7 ormula 7 eeding



What are the Benefits of Breastfeeding?

Study on Breastfeeding Benefits

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Delaying Baby's
7irst Bath

Study on Medications for Milk Supply



# References

@ ADA

Case Report on Candida Mastitis

Study on Tongue and Lip Tie

Reverse Pressure
Softening





Spectra vs. Medela