

Breast feeding

Is My Baby Getting Enough Milk?

"I don't have enough milk so I need to stop breast feeding." *For most women this statement is wrong.* Only a very small percentage of women do not produce enough milk. One reason may be that they have undergone breast reduction surgery.

How can I tell if I have enough?

- As a general guideline, babies will feed as often as 8-12 times per 24 hours in the newborn period.
- Suckling action is crucial in ensuring that baby gets enough milk.
- "Open---pause---close" type of suck indicates baby is getting a mouthful of milk. Pause as the mouth opens wide indicates baby has just received a mouthful. If baby does this several minutes at each feeding he or she has just had a good feeding.

The child is getting enough milk if:

- the baby has at least 6 soaking wet diapers after the mature milk comes in (after 4 or 5 days of age).
- a newborn has 2 or more substantial yellow stools each day after mature milk is in. By the time a baby is 3-4 weeks, stooling pattern may change to every 3-4 days. A baby can go up to ten days without a stool but should be checked by your doctor after 5.
- the baby is well positioned and properly latched.
- the baby nurses and comes off satisfied after feeding from both breasts. On occasion baby will be satisfied on one breast
- babies have growth spurts at approximately 10 days, 3 weeks, 6 to 8 weeks, 3 months and 6 months. Babies nurse more often and longer during a growth spurt

STORING BREAST MILK

BREAST MILK CAN BE STORED IN THE FRIDGE FOR UP TO 48 HOURS ONLY.

IF MILK IS NOT TO BE USED WITHIN 48 HOURS THE FOLLOWING GUIDELINES FOR STORAGE MAY BE FOLLOWED:

STORE IN:

- 1. A FREEZER COMPARTMENT WITHIN A SINGLE DOOR FRIDGE FOR TWO WEEKS.**
- 2. A FREEZER, WHICH HAS A SEPARATE DOOR FROM THAT OF THE FRIDGE (IE: A TWO DOOR UNIT) FOR UP TO TWO MONTHS.**
- 3. DEEP FREEZER AT -18 DEGREES CELSIUS (0 DEGREES FARENHEIT) FOR UP TO SIX MONTHS.**

REMEMBER TO LEAVE ABOUT 1 CM (1/2 INCH) OF AIR SPACE TO ALLOW THE MILK TO EXPAND DURING FREEZING. THE FROZEN MILK MAY BE THAWED IN THE FRIDGE OR SET IN AN INDIVIDUAL PAN UNDER COLD/TEPID RUNNING WATER. DO NOT RE-FREEZE SURPLUS MILK THAWED OUTSIDE THE FRIDGE. DO NOT THAW MILK AT ROOM TEMPERATURE OR IN A MICROWAVE.

Guidelines For Collecting & Storing Breastmilk for Healthy Newborns

Collecting Breastmilk

- Wash hands well with soap and water.
- Wash all the collecting bottles and breastpump parts that touch your breasts or the milk. Use hot, soapy water or a dishwasher. Rinse carefully. Air dry on a clean towel. If your baby is premature or ill, the hospital may ask you to sterilize your pump parts.
- Read the instruction book that comes with your pump and follow the suggestions. Sterilize your pump parts once a day as described.
- Practice pumping when you are rested, relaxed and your breasts feel full. Once a day try to nurse your baby only on one side and pump the other breast. Or pump for a few minutes if your baby skips a feeding or nurses for only a short while. Read the Storage Guidelines chart to learn how to store breast milk.
- Be sure to use the right size breastshield so that your nipple fits comfortably
- Employed moms can help their baby learn to take a bottle once breastfeeding is going well. It is best to wait for 3 to 4 weeks to introduce bottles. If you are having problems breastfeeding, ask for help.
- Begin to pump to store milk 1 to 2 weeks before returning to work. Many employed moms use the fresh milk they pump at work for feedings the next day. They refrigerate Friday's milk for use on Monday. Save your frozen milk for emergencies.
- Pump 3 times during an 8 hour work shift, or every 3 hours you are away from your baby. Ten minutes of pumping during breaks and 15 minutes of pumping during lunch with a good pump will help protect your milk supply. If you can't pump 3 times, pump as much as you can during each day. Breastfeeding in the evening and over the weekend helps your milk supply and protects your special bond with your baby.



Storing Breastmilk

- It is normal for pumped milk to vary in color, consistency and scent depending on your diet. Stored milk separates into layers. Cream will rise to the top. Gently swirl the warmed bottle to mix the milk layers.
- You can continue to add small amounts of cooled breastmilk to the same refrigerated container throughout the day. Avoid adding warm milk to already cooled milk.
- Store your milk in glass or hard plastic containers, or in milk storage bags made especially for breast milk. Place smaller bags inside a larger food storage bag to prevent accidental punctures.
- Freeze milk in 2 to 5 oz portions. Small amounts will thaw more quickly. You will waste less milk this way and will avoid over-feeding. Liquids expand when frozen. Be sure to leave some extra room at the top of the container so the bottle or bag won't burst.
- Seal containers tightly. Write the date on a piece of masking tape on the bag or bottle. Use the oldest milk first.
- If you do not plan to use the milk within a few days, freeze it right away in the coldest section of your freezer. Do not place the bottle or bag up against the wall of the freezer.

Storage Guidelines

Breastmilk Storage Guidelines					
	Room Temperature	Cooler with 3 Frozen Ice Packs	Refrigerator	Self-contained Refrigerator Freezer Unit	Deep Freezer
Freshly expressed breastmilk	4 hours at 66-72°F (19-22°C)	24 hours at 39°F (15°C)	5-7 days at 32-39°F (0°C)	3-4 months	6-12 months at 0°F (-19°C)
Thawed breastmilk (previously frozen)	Do not store	Do not store	24 hours	Never refreeze thawed milk	Never refreeze thawed milk

Defrosting

- Thaw milk overnight in the refrigerator, or hold the bottle under warm running water to quickly thaw. You can also place the sealed container in a bowl of warm water for 20 minutes to bring it to body temperature.
- Thawed milk is safe in the refrigerator for 24 hours. Do not refreeze.

CAUTION: Never microwave breastmilk. Microwaving can cause severe burns to baby's mouth from hot spots that develop in the milk during microwaving. Microwaving can also change the composition of breastmilk.

Tips for Feeding Breastmilk with a Bottle

- Choose a slow-flow bottle nipple and limit feeding size to 3 to 5 oz of milk for babies younger than 6 months.
- Remove the bottle nipple out of the baby's mouth periodically to let the baby catch his or her breath. Pause to burp the baby when needed.
- If baby seems fussy in between feedings it may be because of thirst. Offer 1 to 2 oz of milk. Babies 4 months or older can have a sip of water from a cup.
- Avoid over-feeding. Offer a pacifier or teething toy to give your baby more sucking enjoyment after finishing a bottle.
- Sometimes, babies do not fully finish bottles of breastmilk. Mothers wonder if they can re-refrigerate and re-use this milk. We have no information about whether or not this is safe to do. Please check with your doctor.

Your Milk Supply and Your Baby's Needs

- We used to think that mothers needed to make more and more milk as their babies grew. Scientists now know that a healthy milk supply remains fairly constant over the 6 months of exclusive breastfeeding.
- During the early weeks, babies eat very frequently and grow very quickly. By Day 10, babies should recover any lost birth weight. For the next few months, little girls should gain about an ounce a day, and little boys slightly more than an ounce.
- Around 3 to 4 months, a breastfed baby's rate of growth begins to slow down. Continuing to gain weight rapidly after this time may contribute to obesity later on. This means that the milk supply established in the early days will continue to satisfy the baby until it is time to introduce solids at 6 months.
- By the end of the first week of life, women who are breastfeeding one baby normally make between 19 to 30 oz of milk each day. Infants between 1 and 6 months of age normally drink an average of 19 to 30 oz a day. (Daley, Owens, Hartmann, 1993.) An average size "meal" for a baby is between 3 to 5 oz of breastmilk. Formula is harder to digest and less well absorbed. Formula fed babies may need larger feeds. Consult your doctor for advice.