

Q&A with PRMC's Lactation Consultant

1. What are the benefits of breastfeeding?

HEALTH BENEFITS TO MOMS WHO BREASTFEED

- Reduces the risk of breast & ovarian cancers
- Decreases postpartum bleeding
- Decreases the risk of hip fracture and osteoporosis after menopause
- Helps to return mother's body to its pre-pregnancy state faster
- Develops a special emotional relationship and bonding with her child
- Breast milk is free – reducing or eliminating the cost of formula
- Breastfed babies are sick less, reducing health care costs to the family and requiring less time off work

HEALTH BENEFITS TO BABIES WHO BREASTFEED

According to the American College of Pediatrics, Human Milk is species specific and all substitute feeding preparations differ markedly from it, making human milk uniquely superior for infant feeding.

- Human milk provides children with the most complete and optimal mix of nutrients and antibodies
- Breast milk changes as the baby's needs change
- Protects against diarrhea, gastroenteritis and other stomach upsets
- Reduces the risk of diabetes and childhood obesity
- Protection against a wide range of infectious diseases including ear infections, meningitis, and respiratory illness
- Reduces the risk of SIDS (sudden infant death syndrome)
- Protects against meningitis, childhood lymphoma, Crohn's disease and ulcerative enterocolitis
- Reduces incidence and severity of allergic disease
- Babies enjoy a special warm bonding and emotional relationship with mothers
- Breastfeeding plays an important role in the emotional development of babies
- Babies develop higher IQ's, better brain and nervous system development
- Breastfeeding lessens the risk of heart disease in later life

HEALTH BENEFITS TO SOCIETY

- Decrease healthcare costs
- Decrease in employee absenteeism
- Decrease in environmental burden for disposal of formula cans and bottles

2. How do I know if my baby is getting enough to eat?

Many new mothers worry about whether the baby is getting enough milk as there is no way to measure the amount the baby is taking. These are the signs that will assure you that the baby is being well fed:

- Baby has an appropriate number of wet and dirty diapers. By the time baby is 1 week old, you should discard 6-8 dirty diapers in a 24-hour period. TIP: Place 8 diapers on top of your changing table in the morning and if they are gone by the next morning, your baby is on the right track.
- Baby eats at least 8-12 times in a 24 hour period
- Baby sleeps 1 -3 hours between feedings
- Baby is content when awake
- Stools are changing in color and consistency. By day four stool should be yellowish in color.
- You can hear or see the baby swallowing while at the breast
- The baby will begin to gain weight after the first week of life

3. Can I breastfeed if I smoke?

The AAP states that tobacco smoking by mothers is not a contraindication to breastfeeding, but smoking mothers should avoid smoking within the home and make every effort to quit smoking as soon as possible. For more information visit: www.aap.org, www.tobaccofreekids.org, www.shoreaction.org.

The following information will help you provide your baby with safe milk. Remember that what you put in your body can be passed onto your baby in breast milk.

Why protect your baby from nicotine/smoke?

Some mothers who smoke do not produce as much milk. Nicotine passed onto baby in breast milk may cause the baby to have vomiting, diarrhea, colic, rapid heart rate, poor weight gain and to be restless.

Secondhand smoke can also affect your baby. In addition to your not smoking, it is important that no one else smokes in the house at any time. The healthiest babies are breastfed and live in smoke-free homes.

If you smoke it is best for you to stop smoking. If you cannot stop, here are some things you can do to lower the amount of nicotine your baby gets:

- Smoke less
- Do not smoke 1 hour before, or during breastfeeding
- Only smoke outside
- Wash your hands well after you smoke
- Keep a jacket to put on when smoke (be sure to take this jacket off after you smoke)

4. Can I drink alcohol while breastfeeding?

The use of alcohol should be avoided because it can inhibit milk production and the alcohol is present in the breast milk. An occasional, single alcoholic drink is acceptable, but breastfeeding should be avoided for 2 hours after the drink. It is best for you not to drink at all if you are breastfeeding. Talk to your doctor or lactation consultant if you plan to have a drink on a special occasion. They can tell you what to do to lower the risk of your infant having any effect from it.

5. Do I need to avoid certain foods while breastfeeding?

No. Eat a healthy, well-balanced diet and drink to satisfy your thirst. You need 500 calories a day for lactation. This is a great help in returning to your pre-pregnancy weight.

Nutrition during the breastfeeding period

If you are a healthy woman, you will probably not modify your diet for breastfeeding. You need about 300 - 500 additional calories per day to maintain milk production. It is important to eat a healthy, well balanced diet to provide milk for baby and to maintain your own good health.

A recommended daily intake of the following foods will provide a well-balanced diet for a breastfeeding woman:

- 3 servings of vegetables
- 3 servings of fruit
- 3 servings of protein rich foods (meat, fish, poultry, beans, nuts)
- 3 servings of dairy products (milk, yogurt, cheese)
- 6-11 servings of grains (bread, rice, pasta)
- Use oils, fats and sweets sparingly

Approximate serving sizes:

- Cooked vegetables = ½ cup
- Salad = 1 cup
- Canned fruit = ½ cup
- Fresh fruit = 1 small
- Dried fruit = ¼ cup
- Meat = 3 ounces (size of your palm and thickness of a deck of cards)
- Peanut butter = 2 tablespoons
- Egg = 1 egg
- Bread = 1 slice
- Cereal = ¾ cup

Fluid requirements during breastfeeding

Your body will require extra fluid in order to produce a large volume of breast milk. The best way to meet your needs for fluid is to drink to satisfy your thirst. It is easy to get in enough liquid if you get yourself a glass of something to drink as you are nursing the baby. This will ensure 8-10 glasses a day. A good sign that you are getting enough fluid volume is that your urine is light yellow in color.

6. How do I choose a breast pump?

Choose a breast pump according to your needs. For the stay-at-home Mom, a hand pump (like the one given to every breastfeeding Mom at Peninsula Regional Medical Center) is all you will need. If your baby is separated from you due to illness or hospitalization, you may need to rent a pump. For full-time or part-time employment, discuss your needs with a lactation consultant to help you choose a pump that is right for you (410-543-7199).

Pumps are available for rent at Apple Discount Drug 410-749-8401 and available for purchase at the Junior Board Shop at Peninsula Regional Medical Center: Ameda Purely Yours \$160. As part of the new Healthcare Reform package, Flexible Spending Accounts may be used to purchase or rent a pump.

7. How do I store breast milk?


STORING & HANDLING MOTHERS' MILK*

	Refrigerator (39°F/4°C)	Refrigerator Freezer (variable 0°F/-18°C)	Deep Freeze (0°F/-18°C)
Freshly Pumped	8 Days	3-4 Months	12 Months
Previously Frozen, Thawed in Fridge	24 Hours	Do Not Refreeze	Do Not Refreeze
Previously Frozen, Warmed but not Fed	4 Hours	Do Not Refreeze	Do Not Refreeze
Warmed and Partially Fed	Discard	Discard	Discard

*Storage times may vary for premature or sick babies. Please check with your healthcare provider.

Visit ameda.com for more information and reference sources.

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STORING & HANDLING MOTHERS' MILK*

*Storage times may vary for premature or sick babies. Please check with your healthcare provider.

	Cooler with Frozen Ice Packs (59°F/15°C)	At Room Temperature	
		(66°F–72°F) (19°C–22°C)	(72°F–79°F) (22°C–26°C)
Freshly Pumped	24 Hours	6–10 Hours	4 Hours
Previously Frozen, Thawed in Fridge	Do Not Store	4 Hours	4 Hours
Previously Frozen, Warmed but not Fed	Do Not Store	Until Feeding Ends	Until Feeding Ends
Warmed and Partially Fed	Discard	Until Feeding Ends	Until Feeding Ends

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Visit ameda.com for more information and reference sources.

8. Can I breastfeed and return to work?

Yes. Talk to your employer to make plans before your baby is born. The new Healthcare Reform Act provides breastfeeding mothers with the opportunity to pump while at work. Employers with more than 50 employees must provide a place, other than a bathroom, for a breastfeeding mother to pump and work out arrangements to grant the employee time to do so. (See www.usbreastfeeding.org for more information.)

9. Can I take medications while breastfeeding?

Most medications are safe for breastfeeding but before taking any medication, check with your health care professional or call the Breastfeeding Helpline at 410-543-7199 to find out if the medication is safe for breastfeeding.

10. Can I breastfeed my baby if I am sick?

Yes! As your body fights the illness you have, it produces antibodies that are passed on to your baby through your milk to protect baby from getting sick.

11. Can I continue to breastfeed if I need surgery or other medical procedures?

If you undergo surgery, it is safe to resume breastfeeding as soon as you are awake from anesthesia. Most contrast dyes used with x-rays and scans are also safe unless they contain radioactive substances. If you are not sure if breastfeeding is safe with the procedure you are having, contact the Breastfeeding Helpline at 410-543-7199.

LACTATION SERVICES OFFERED BY PENINSULA REGIONAL MEDICAL CENTER

BREASTFEEDING CLASSES

The Breastfeeding class is offered monthly. The 3-hour class is taught by a Certified Lactation Consultant. It is designed for the expectant mom or newly delivered mom and covers the advantage of breastfeeding, how to get started, and common difficulties encounters and how to overcome them. The class is held in the Avery W. Hall Educational Building on the campus of PRMC. For more information or to register call 410-543-7126. Cost: \$35.00 covers mom and a support person.

LACTATION CONSULTANTS

A Certified Lactation Consultant is on staff at Peninsula Regional Medical Center and is able to help you with any breastfeeding concerns. If you have questions after discharge, you may call the Breastfeeding Helpline at 410-543-7199.

THE BREASTFEEDING HELPLINE

This is a service provided at no charge by Peninsula Regional Medical Center. Moms can call with questions and an IBCLC (Certified Lactation Consultant) will contact you by the next business day to discuss your concerns. Please call 410-543-7199.

THE LACTATION OUTPATIENT SUPPORT SERVICES

The Outpatient Support Service is provided free for our breastfeeding families. This involves an office visit with the Certified Lactation Consultant to work through challenges. This service helps moms to achieve their breastfeeding goals. The problem may require only one visit or several until the breastfeeding is progressing well. To schedule an appointment call the Helpline at 410-543-7199.

COMMUNITY RESOURCES TO HELP BREASTFEEDING MOTHERS

Peninsula Regional Medical Center

Lactation Services – 410-543-7199

- Helpline
- Education
- Community Health Library
- Inpatient & Outpatient appointments available

WIC Services– Tri-County Area 410-749-2488

Women, Infants and Children Nutritional Program

410-749-2488

- Breastfeeding Support & Supplies
- Classes

La Leche League 1-877-4-LALECHE

- Meetings scheduled 2nd Saturday each month 10:30 am Terminal Road Salisbury, MD at Baby Kicks
- Phone support
- Educational Materials
- Home visits
- Professional liaison services
- Web site: www.lalecheleague.org

Somerset County Health Department 443-523-1758

- Classes & educational materials

Worcester County Health Department 410-629-0164

- Classes and educational materials

Wicomico County Health Department 410-543-06942

- Classes and educational materials

County Libraries – Educational Materials

WEBSITE RESOURCES

www.breastfeeding.com

www.breastfeedingmadesimple.com

www.kellymom.com

www.womenshealth.gov/breastfeeding

www.breastfeedingonline.com

www.marchofdimes.com

www.aap.org

BOOKS

The Nursing Mother's Companion by Kathleen Huggins, RNMS