

**Tools needed for
Section V:**



- The *Breastfeeding Answer Book* by La Leche League International

Section V: Breastfeeding Doesn't Have to Tie You Down

Not aware of the ways to combine work/school and breastfeeding, some women quit breastfeeding prematurely or choose not to initiate breastfeeding. This section reviews the different options available to breastfeeding moms, methods for expressing milk, and the features of different pumping systems.

Early Planning is Key to Continued Breastfeeding

WIC staff can help moms breastfeed longer by talking about a woman's breastfeeding goals during her pregnancy. How long does she want to breastfeed? Will she be returning to work or school? If she is separated from her baby does she know she can still breastfeed? Is she familiar with the different breast pumps available?



The American Academy of Pediatrics recommends breastfeeding for at least the first year of life and thereafter as long as mutually desired. WIC staff can support this recommendation by educating women on options for continued breastfeeding when they are separated from their infants.

Ideally, WIC would like to see all moms breastfeed exclusively, however for some moms exclusive breastfeeding is not realistic. WIC staff need to support whatever goal a mom has for breastfeeding and help her achieve that goal. Some moms may choose to pump so they can feed expressed breast milk to their babies. Other moms may have the luxury of having their babies brought to them at work or school so they can breastfeed throughout the day. Some moms may choose to breastfeed and provide supplemental formula. Moms who choose not to exclusively breastfeed need to hear that any breastfeeding is better than not breastfeeding!!

The following questions can assist moms in developing their plan.

When is a mom expected back to work or school? What is the employer's policy on family leave?



Ask lots of questions.



Moms who can wait until their baby is 6 weeks old to return to work or school find combining breastfeeding and working easier. Six weeks allows a mother time to establish her feeding pattern and milk supply. If a mom needs to return to work/school before 6 weeks postpartum she may need to pump more frequently to ensure an adequate milk supply.



Is there a place where she can express her milk or breast-feed in the event she is able to bring her baby to work/school or have her baby brought to her during the day?

It's helpful to mothers to know what space is available to her. If there is not a space available, inquiring early allows time for the employer to locate an area. Moms should be encouraged to ask for a small, clean, private area. If she will be using an electric pump, the room will need to have an electrical outlet.



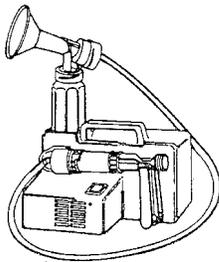
Will it be possible to take two twenty-minute breaks during the day to express milk or nurse her baby?

Moms working or going to school full-time will usually need to express or nurse their baby 3 times a day—during two breaks and over lunch.



Can she return to work full-time or part-time? If she needs to work full-time is it possible to start back part-time for a few weeks or months?

When moms return to work part-time it helps both mom and baby adjust to being separated. Moms working part-time usually need to pump 1 to 2 times a day depending on the number of hours worked. If a mom starts back to work full-time she should try to pump at least 3 times during the day. Pumping during morning and afternoon breaks and at lunch is ideal.



Can mom start back to work on a lighter schedule or mid-week?

Returning to work on a lighter schedule or mid-week can reduce fatigue and help mom adjust to her new routine.



If a mom is returning to work full-time or part-time can she start to collect her breast milk 2 weeks prior to returning to work?

Establishing a pumping schedule similar to the one she will keep at work helps a mom learn how to express her milk, know how long it will take, and helps her build up a supply of stored breast milk.

Can mom visit the day care center during the day to nurse her infant?

If the child care center or sitter is located near mom's place of employment, mom may choose to visit her baby during the day to nurse.

Does the infant's day care center support breastfeeding?



Choose a day care center supportive to breastfeeding.

Moms should be encouraged to interview the day care staff to determine if they support breastfeeding before selecting a day care center. A written schedule can be given to staff letting them know when mom will be there to nurse. A backup plan should also be included for the times she is late or the infant is hungry before she can get there. Staff can sometimes put the infant off for a few minutes by distracting the infant with an activity or by giving a small amount of expressed milk or supplemental formula. There is nothing worse than having a very well-fed infant when a mother needs to nurse.

Does the mom plan to exclusively breastfeed or will she be using supplemental formula?



Offering formula too soon can interfere with a mom's milk supply.

Moms should be encouraged to exclusively breastfeed because of the many benefits for both mom and infant. However, some moms will decide to provide supplemental formula because they do not want to or cannot express their milk during the day.

In the event that supplemental formula is provided, mom should wait until she has well established her milk supply (approximately 6 weeks). Offering formula too soon can interfere with a mom's milk production. One to 2 weeks prior to returning to work, moms may find it helpful to offer formula-feedings in place of the breastfeedings they will miss at work. It is possible, however, for women to wait to start supplementing when they return to work. These women will most likely experience some overfullness until their body adjusts to the missed feedings. Moms who supplement while they are at work should nurse as much as possible in the early morning, evenings, and on weekends to maintain their milk supply.

Activity

Check box when completed ✓

Read pages 199-200 in the *Breastfeeding Answer Book*.

Emptying the breast is key to maintaining a milk supply.

Activity

Check box when completed ✓

Manual pumps are used for situations where pumping is infrequent or of short duration.

Milk Expression

Regular emptying of the breast is key to maintaining a milk supply. If moms are not able to empty their breasts by nursing they can express the milk by using a breast pump or hand expression. A mother's pumping/expression schedule should duplicate her breastfeeding pattern if she were at home nursing her infant.

Read pages 171-174, "Basics of Milk Expression" and pages 210-211, "Feeding Tips for the Baby's Caregiver," in *The Breastfeeding Answer Book*.

Selecting the Right Breast Pump

The type of pump a mother uses depends on a number of considerations, including her working status (part-time or full-time), whether she is wanting to exclusively breastfeed, ease of expressing milk, time available for pumping, ability to stimulate hormonal levels, and volume of mom's milk supply. A breast pump should simulate, as closely as possible, a baby nursing at the breast.

Type of Breast Pumps

Manually-Operated Breast Pump

Manually-operated breast pumps are commonly used for situations where pumping is infrequent or of short duration. The pump is fairly inexpensive and widely available. Manually pumping takes practice; suction is achieved by either pulling on a piston or pressing a lever.

Manual pumps are a good option, when an electric pump is not available, for:

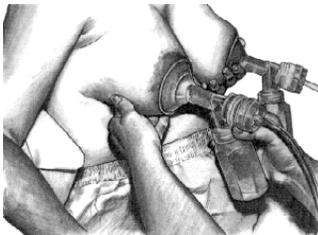
- relieving engorgement
- healing sore or cracked nipples
- short interruptions of breastfeeding, such as mom on contraindicated medication for a few days, infant hospitalized for a few days, an infant with breast milk jaundice
- weaning an infant from the breast

Use of the manual pump for many moms is often tiring and not very efficient. The manual pump does not stimulate hormonal levels well, therefore it is difficult for women to maintain an adequate milk supply if they are using the manual pump frequently in place of putting the baby to breast.

Battery-operated pumps get about ½ the suction of the heavy-duty electric pump.

Hormonal levels are minimally stimulated by battery-operated breast pumps and small electric pumps.

The heavy-duty electric pump is most efficient (second to baby) in extracting milk.



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Battery-Operated Breast Pumps and Small Electric Pumps

Battery-operated or small hand-held electric pumps are more expensive than a manual pump though fairly inexpensive compared to a heavy-duty electric pump. This type of pump is easy to use, and very portable. The battery-operated pump generally gets about ½ the suction of the heavy-duty electric pump and cycles much more slowly. This may be enough suction for some mothers with a good let-down reflex, but will be inadequate for others. Hormonal levels are minimally stimulated with these types of pumps.

Special Note: This type of pump is designed for single-use only; they should not be shared between mothers because they cannot be sterilized.

Battery-operated or small electric pumps are a good option, when a heavy duty electric pump is not available, for:

- mothers who are working part-time (approximately 20 hours or less per week)
- relieving engorgement
- healing sore or cracked nipples
- short interruptions of breastfeeding, such as mom on contra-indicated medication for a few days, infant hospitalized for less than a week, an infant with breast milk jaundice
- weaning an infant from the breast

Heavy-Duty Electric Pumps

The heavy-duty electric pump is most efficient (second to baby) in extracting milk. This type of electric pump is expensive though many companies have a rental option. Additionally, many Colorado WIC clinics have electric pumps available on a loan basis.

The electric pump is used with either a double or single collection kit. The double set up allows the mother to pump both breasts at the same time. This reduces the time required for pumping in half and provides better stimulation of hormones for milk let-down and production.

Possible indications for use of an electric breast pump include:

- mothers returning to work or school full- or part-time.
- infant unable to nurse because of prematurity; respiratory or cardiac problems affecting endurance; disorders of the oral or GI structures (i.e., cleft palate or lip); muscle tone problems (i.e., Down's syndrome, cerebral palsy, hydrocephalus, etc.)
- latch-on problems
- mastitis (breast infection)
- mother is on medication that is contraindicated for breast-

feeding for more than a week.

- mom and infant are separated for more than a few days
- mom has twins or triplets
- mother needs to increase her milk supply

Pedal Pump

A pedal pump is the manual version of the electric pump. Instead of connecting the collection kit to an electric motor, the kit is connected to a foot pedal. The pumping action is driven by mom pumping the pedal with her foot. The pedal pump is an excellent option for mother's who do not have access to an electric pump or do not want to bother transporting the larger electric pump.

Pedal pumps are a great alternative for moms returning to work or school.

Possible indications for use of a pedal pump include:

- moms returning to work or school
- engorgement
- healing cracked or sore nipples
- short interruptions of breastfeeding
- weaning an infant from the breast

Bicycle Horn

This type of manual pump is not recommended since the bulb can harbor harmful bacteria and can also cause trauma to the breast. See "Bicycle Horn" in Section V of the *Breastfeeding Education Guide*.

Hand Expression

Some mothers prefer to hand-express their milk rather than using a mechanical device. Readily available to all moms, hand expression can be a very quick and convenient method of expression. Hand expression is a good option for mothers who need to express their milk on occasion, however some moms are very proficient and find it a viable method for more frequent expression.

Activity

Check box when completed ✓

Read pages 174-177, "Hand Expression" in *The Breastfeeding Answer Book*.

Find out if your agency has a pump loan program. List the types of pumps available and the common reasons your agency issues pumps.

If your agency provides pumps to WIC moms, read Section VIII, Clinic Procedures, of the Colorado WIC Procedure Manual, Appendix E.

Collection and Storage of Breast Milk

Breast milk can be stored in various types of containers. Glass is the preferred container for freezing, however, plastic bottle liners may also be used. Plastic liners should be double bagged in case of breakage. Encourage mom to label each bag with the date. This will allow mom to use the milk in the order that it was expressed.

Recent research has found that breast milk may be stored for a longer period of time than previously recommended. However, Colorado WIC has chosen to stay with the more conservative recommendations.

Activity

Check box when completed ✓

Refer to pages 69 and 70 in the *Breastfeeding Education Guide*. Complete the chart below according to WIC recommendations for the storage of breast milk.

Breast milk storage in the:

Refrigerator _____

Freezer (compartment inside refrigerator) _____

Freezer (compartment separated from the refrigerator compartment) _____

Upright or chest freezer (deep freeze) _____

Review “Storing and Freezing Breast Milk” on page 75 of the *Breastfeeding Education Guide*.

Issuing Supplemental Formula

Staff need to inform the breastfeeding woman of the risks of introducing too much formula.

Staff need to carefully assess the amount of formula needed by a breastfeeding woman. Offering too much formula can undermine a mother’s confidence and interfere with her milk supply. If a mother requests supplemental formula it is staff’s role to educate the mother on the impact that supplemental formula may have on her milk supply and to tailor the formula package to best meet the infant’s nutritional needs. Ideally, infants less than 1 month of age should not be issued more than one 1-pound can of powdered formula and infants less than 4 months of age should not be issued more than four 1-pound cans of powdered formula. However, some circumstances, such as the final stage of weaning or a mother returning to work/school (who is not interested in pumping her milk), may require quantities of supplemental formula that exceed these guidelines. To determine how much formula to issue in these special circumstances refer to the Colorado WIC Program Procedure Manual, Section VIII, Clinic Procedures, WIC Food Packages for Infants, or the Breastfeeding Section in your WIC mini-manual.

Key Points



Helping mothers develop a breastfeeding plan when separated from their infant is essential for continued breastfeeding.

Regular emptying of the breast is key to maintaining a mother's milk supply.

A breast pump should simulate, as closely as possible, a baby nursing at the breast.

Manually-operated breast pumps are commonly used for situations where pumping is infrequent or of short duration.

The heavy-duty electric pump is most efficient (second to baby) in extracting milk.

The pedal pump is an option for women returning to work or school.

Hand expression is a good option for mothers who need to express their milk on occasion.

When supplemental formula is requested, staff need to carefully assess how much formula is needed to meet the nutritional needs of the infant and to promote continued breastfeeding.

Section V — Activities

Check box when completed ✓

Review each of the education pamphlets listed at the end of Section V, in the *Breastfeeding Education Guide*.

Talk with a co-worker or friend who combined working and breastfeeding. Ask her to share some tips for making breastfeeding and working a positive experience.

Record those tips here:

Section V — Quiz

(8 possible points)



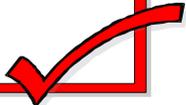
- (1 point) 1. T or F Moms are encouraged to talk to their employers during their pregnancy about their decision to return to work breastfeeding.
- (1 point) 2. T or F Moms who work full-time will need to express their milk at least 5 times a day.
- (1 point) 3. T or F Moms returning to work before 6 weeks postpartum may need to express their milk more frequently to maintain their milk supply.
- (1 point) 4. T or F A battery-operated or small electric pump is the best type of pump for a mom who is returning to work full-time.
- (1 point) 5. T or F WIC advises that breast milk can be stored in the refrigerator up to 4 days.
- (1 point) 6. T or F Moms wanting to provide supplemental formula should wait until 4 weeks postpartum as not to interfere with their milk production.
- (2 points) 7. A mom requests to receive supplemental formula and reports her 4-month-old baby is taking two 8-ounce bottles a day. How many cans of powdered formula would you provide? (Note: Refer to the Colorado WIC Procedure Manual or the Breastfeeding Section of your mini-manual).

Answers

1. T
2. F; at least 3 times a day
3. T
4. F; ideally moms returning to work full-time should use an electric or pedal pump.
5. F; according to WIC guidelines breast milk should not be stored in the refrigerator more than 48 hours.
6. F; ideally formula should not be introduced until the infant is at least 6 weeks of age.
7. 5 cans of 16 oz or 14 oz cans of powdered formula

How Do I Rate?

8 points	=	Expert!
6-7 points	=	Good Job!
4-5 points	=	Go Back and Look Over Major Points
<4 points	=	Review Entire Section



Optional Reading

Dr. Mom's Guide to Breastfeeding, by Marianne Neifert, MD,
Chapter 8: "Working Without Weaning" and pages 162-168
"How Can I Express Some of My Breast Milk?"

Nursing Mother's Companion, by Kathleen Huggins, Chapter 5:
"Traveling Together, Being Apart."

The Breastfeeding Answer Book, by La Leche League International,
Chapter 10: "Employment and Breastfeeding," Chapter
9: "Expression and Storage of Human Milk."