

Breastfeeding Resources

WIC (Women, Infants & Children) WIC Helpline: 1-800-942-3678

The Special Supplemental Nutrition Program for Women, Infants and Children, popularly known as WIC, is a nutrition program for pregnant, breastfeeding women and families with children younger than 5.

<https://texaswic.org/about-wic/contact-us>

Lactation Resources

- **PUMP RENTALS/ Consults**

North Central Baptist Hospital Gift Shop Pump Rental (Stone Oak area) M-Sun 210-403-3269

North Central Baptist Lactation Consultations 210-297-4086

Northeast Baptist Hospital (410/Starcrest) 210-297-2069

Methodist Lactation Center (Fredericksburg Rd), by appointment/drop-in 210-575-0261

CHRISTUS Santa Rosa Hospital (New Braunfels), by appointment 830-643-6190 CHRISTUS

Santa Rosa Westover Hills, by appointment 210-703-8090

- **La Leche League** – Local support groups with professional counseling available. Call for breastfeeding questions and location of groups near you. 210-341-9669
- **Baby Café** - FREE drop-in support group, breastfeeding counseling available M-F 0800-1630 (I-10/Callahan area) 210-207-7138
- **Breastfeeding Perspectives** – Kathy Parkes, MSN-Ed, BSPsy, RN, IBCLC, RLC, FILCA, CHC
Breastfeeding consults in person & on-line 210-834-5399; Kathy@breastfeedingperspectives.com
- **LATCHED** –210.504.8015 – In-home or office visits; Support Group; hello@latchedsupport.com

On-line www.kellymom.com

www.breastmilkcounts.com

www.lalecheleague.org

www.sabctx.org

www.infantrisk.com

www.youtube.com “Paced Bottle Feeding” by Stacey Kucharczk and
“Stanford University Hand Expressing”

www.breastfeedingincombatboots.com

www.karengromada.com (for breastfeeding multiples)

www.globalhealthmedia.org/videos/breastfeeding and choose “Breast Attachment” video

Proper Handling and Storage of Human Milk

Safely Preparing and Storing Expressed Breast Milk

- Be sure to wash your hands before expressing or handling breast milk.
- When collecting milk, be sure to store it in clean containers, such as screw cap bottles, hard plastic cups with tight caps, or heavy-duty bags that fit directly into nursery bottles. Avoid using ordinary plastic storage bags or formula bottle bags, as these could easily leak or spill.
- If delivering breast milk to a child care provider, clearly label the container with the child's name and date.
- Clearly label the milk with the date it was expressed to facilitate using the oldest milk first.
- Do not add fresh milk to already frozen milk within a storage container. It is best not to mix the two.
- Do not save milk from a used bottle for use at another feeding.

Safely Thawing Breast Milk

- As time permits, thaw frozen breast milk by transferring it to the refrigerator for thawing or by swirling it in a bowl of warm water.
- Avoid using a microwave oven to thaw or heat bottles of breast milk
 - Microwave ovens do not heat liquids evenly. Uneven heating could easily scald a baby or damage the milk
 - Bottles may explode if left in the microwave too long.
 - Excess heat can destroy the nutrient quality of the expressed milk.
- Do not re-freeze breast milk once it has been thawed.

Source: [American Academy of Pediatrics](https://www.aap.org/pediatrics).

Expressed Breastmilk Storage Recommendations		
Location	Temperature	How long
Countertop	15-27°C (59-80°F)	4 hours optimal (Up to 8 hours for cooler room temperatures)
Personal cooler/ ice packs	15°C (59°F)	24 hours
Refrigerator	4-10°C (39.2-50°F)	4 days optimal (Up to 7 days)
Freezer	-4-0°C (24-32°F)	6 months optimal (Up to 12 months)

ABM Clinical Protocol #8. Human Milk Storage Information for Home Use for Full-Term Infants. Breastfeeding Medicine. (2017)

Proper Storage and Preparation of Breast Milk. Centers for Disease Control Prevention. (2018)

https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm

Baby's Second Night (and Beyond!)

by Jan Barger, RN, MA, IBCLC.

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You've made it through your first 24 hours as a new mom. Maybe you have other children, but you are a new mom all over again...and now it is your baby's second night.

All of a sudden, your little one discovers that he's no longer back in the warm and comfortable – albeit a bit crowded – womb where he has spent the last 8 ½ or 9 months – and it is SCARY out here! He isn't hearing your familiar heartbeat, the swooshing of the placental arteries, the soothing sound of your lungs or the comforting gurgling of your intestines. Instead, he's in a crib, swaddled in a diaper, a tee-shirt, a hat and a blanket. All sorts of people have been handling him, and he's not yet become accustomed to the new noises, lights, sounds and smells. He has found one thing though, and that's his voice....and you find that each time you take him off the breast where he comfortably drifted off to sleep, and put him in the bassinet – he protests, loudly!

In fact, each time you put him back on the breast he nurses for a little bit and then goes to sleep. As you take him off and put him back to bed – he cries again... and starts rooting around, looking for you. This goes on – seemingly for hours. A lot of moms are convinced it is because their milk isn't "in" yet, and the baby is starving. However, it isn't that, but the baby's sudden awakening to the fact that the most comforting and comfortable place for him to be is at the breast. It's the closest to "home" he can get. It seems that this is pretty universal among babies – lactation consultants all over the world have noticed the same thing.

So, what do you do? When he drifts off to sleep at the breast after a good feed, break the suction and slide your nipple gently out of his mouth. Don't move him except to pillow his head more comfortably on your breast. Don't try and burp him – just snuggle with him until he falls into a deep sleep where he won't be disturbed by being moved. Babies go into a light sleep state (REM) first, and then cycle in and out of REM and deep sleep about every ½ hour or so. If he starts to root and act as though he wants to go back to breast, that's fine...this is his way of settling and comforting.

Another helpful hint...his hands were his best friends in utero...he could suck on his thumb or his fingers anytime he was the slightest bit disturbed or uncomfortable. And all of a sudden he's had them taken away from him and someone has put mittens on him! He has no way of soothing himself with those mittens on. Babies need to touch – to feel – and even his touch on your breast will increase your oxytocin levels which will help boost your milk supply! So take the mittens off and loosen his blanket so he can get to his hands. He might scratch himself, but it will heal very rapidly – after all, he had fingernails when he was inside you, and no one put mittens on him then!

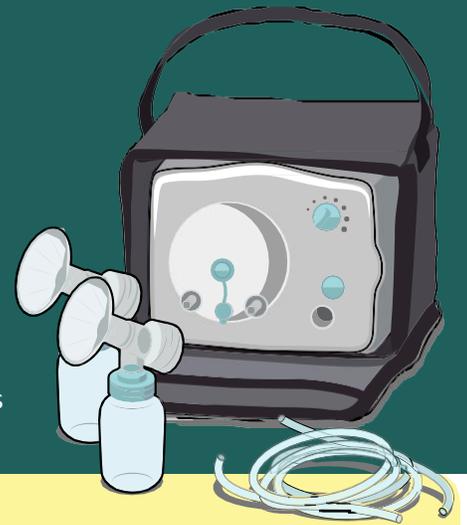
By the way – this might happen every once in a while at home too, particularly if you've changed his environment such as going to the doctor, to church, to the mall, or to the grandparents! Don't let it throw you – sometimes babies just need some extra snuggling at the breast, because for the baby, the breast is "home."

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How to Keep Your Breast Pump Kit Clean

Providing breast milk is one of the best things you can do for your baby's health and development. Pumping your milk is one way to provide breast milk to your baby. Keeping the parts of your pump clean is critical, because germs can grow quickly in breast milk or breast milk residue that remains on pump parts. Following these steps can help prevent contamination and protect your baby from infection. If your baby was born prematurely or has other health concerns, your baby's health care providers may have more recommendations for pumping breast milk safely.



BEFORE EVERY USE

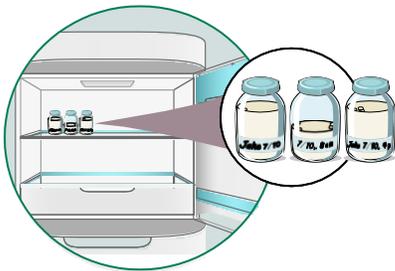


Wash hands with soap and water.

Inspect and assemble clean pump kit. If your tubing is moldy, discard and replace immediately.

Clean pump dials, power switch, and countertop with disinfectant wipes, especially if using a shared pump.

AFTER EVERY USE



Store milk safely. Cap milk collection bottle or seal milk collection bag, label with date and time, and immediately place in a refrigerator, freezer, or cooler bag with icepacks.

Clean pumping area, especially if using a shared pump. Clean the dials, power switch, and countertop with disinfectant wipes.

Take apart breast pump tubing and separate all parts that come in contact with breast/breast milk.

Rinse breast pump parts that come into contact with breast/breast milk by holding under running water to remove remaining milk. Do not place parts in sink to rinse.

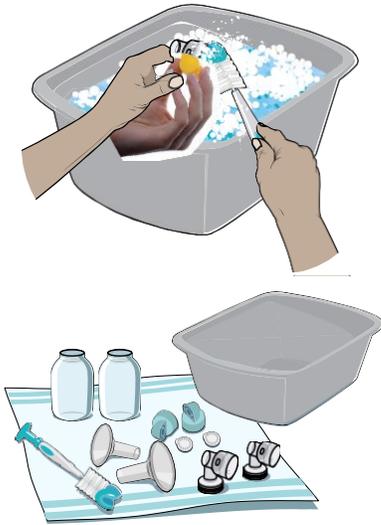
Clean pump parts that come into contact with breast/breast milk as soon as possible after pumping. You can clean your pump parts **in a dishwasher** or **by hand** in a wash basin used only for cleaning the pump kit and infant feeding items.

Follow the cleaning steps given on the next page.



Clean Pump Kit

CLEAN BY HAND



Place pump parts in a clean wash basin used only for infant feeding items. **Do not place pump parts directly in the sink!**

Add soap and hot water to basin.

Scrub items using a clean brush used only for infant feeding items.

Rinse by holding items under running water, or by submerging in fresh water in a separate basin.

Air-dry thoroughly. Place pump parts, wash basin, and bottle brush on a clean, unused dish towel or paper towel in an area protected from dirt and dust. Do not use a dish towel to rub or pat items dry!

Clean wash basin and bottle brush. Rinse them well and allow them to air-dry after each use. Wash them by hand or in a dishwasher at least every few days.

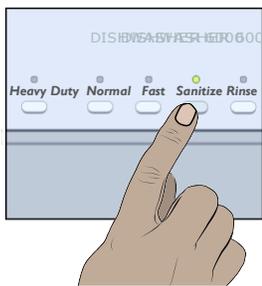
OR CLEAN IN DISHWASHER



Clean pump parts in a dishwasher, if they are dishwasher-safe. Be sure to place small items into a closed-top basket or mesh laundry bag. Add soap and, if possible, **run the dishwasher using hot water and a heated drying cycle (or sanitizing setting).**

Remove from dishwasher with clean hands. If items are not completely dry, place items on a clean, unused dish towel or paper towel to air-dry thoroughly before storing. Do not use a dish towel to rub or pat items dry!

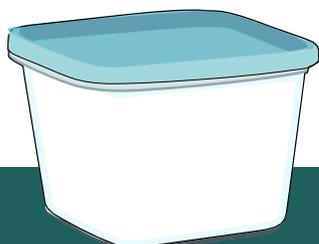
FOR EXTRA PROTECTION, SANITIZE



For extra germ removal, sanitize pump parts, wash basin, and bottle brush **at least once daily** after they have been cleaned. Items can be sanitized using steam, boiling water, or a dishwasher with a sanitize setting. Sanitizing is especially important if your baby is less than 3 months old, was born prematurely, or has a weakened immune system due to illness or medical treatment.

For detailed instructions on sanitizing your pump parts, visit www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding.html

STORE SAFELY



Store dry items safely until needed. Ensure the clean pump parts, bottle brushes, and wash basins have air-dried thoroughly before storing. Items must be completely dry to help prevent germs and mold from growing. Store dry items in a clean, protected area.

Learn more about safe and healthy diapering and infant feeding habits at www.cdc.gov/healthywater/hygiene/healthychildcare.