

Breastfeeding and More!

MilkWorks offers a variety of classes and groups for expectant and new parents. Visit milkworks.org or call 402.423.6402 (Lincoln) or 402.502.0617 (Omaha) for current dates and times.

All About Breastfeeding
For expectant parents - get ready to feed your newborn! This class covers breastfeeding basics, common challenges and how to get support. Fee is \$25. May be filed with insurance.

Return to Work
For new mothers who are returning to work or school while breastfeeding. Learn the “ins and outs” of pumping, storing milk, and working with your day care provider. Fee is \$15. May be filed with insurance. If your pump was obtained at MilkWorks, this class is free.

Introducing Solids
Perfect for parents of babies who are 3 to 9 months old. Understand readiness signs, safety awareness and introducing new foods. Taught by a registered dietitian. Fee is \$10. This class is complimentary for consult clients. Held only at our LINCOLN location.

Mom Talk
Join other breastfeeding moms to share information and friendships. Groups meet weekly. Led by a breastfeeding educator. No registration required. Free.

Facebook
Find MilkWorks on Facebook! Or join our Facebook groups: MilkWorks Return to Work Moms, MilkWorks Food Sensitivities and Intolerances, and MilkWorks Multiples.

Breastfeeding Information Center
Visit our website at www.milkworks.org for trustworthy information on all basic breastfeeding concerns 24/7, or call us at 402.423.6402 (Lincoln) or 402.502.0617 (Omaha).

Baby Weigh Station
Drop in and weigh your baby during our open hours. FREE.

Shop local. Feel great!

When you purchase breastfeeding products and baby care items at MilkWorks, you support our free educational and support services.

Featuring:

- Quality pump parts & breastfeeding accessories.
- Swaddle blankets, sleep sacks and baby carriers.
- Comfortable nursing bras and pumping bustiers.

And more!



Milk matters

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Breastfeed AND Return to Work? Making it Happen

By Ann Seacrest, RN, IBCLC
Executive Director of MilkWorks

In today’s world, little girls grow up to be anything they want to be. Doctors, teachers, beauty consultants, and engineers. But many girls also grow up to be mothers – mothers who make the decision to breastfeed their babies. How does a new mother continue her hard-earned profession outside the home AND breastfeed?

Today, women are fortunate to have access to high-quality pumps and a wealth of information gained from other women who have paved the way. While it may seem more complicated to continue to breastfeed when you return to work, in reality you will be making life easier for you AND your baby – not to mention your employer!

While a number of area companies have voluntarily been supportive of breastfeeding mothers in the work force, the newly amended Fair Labor Standards Act requires that employers provide private space and reasonable breaks for mothers to pump during their baby’s first twelve months. This is making it much easier for more mothers to return to work and continue to breastfeed.

Human milk helps to maintain a stronger immune system, so your baby can fight infections more easily. In addition, complex factors allow your baby’s blood pressure, cholesterol and insulin to function as they were designed. The actual process of having a baby at the breast is thought to assist in optimal brain development.

Healthy babies mean that employees miss less work, both when their babies are young and as their babies grow into childhood. As a mother, this means that you spend fewer nights awake with a sick baby and your co-workers spend less time covering for you. Healthy babies also mean decreased health care costs for our entire community.

Mothers who breastfeed while back at work may feel like their life is very full. But pumping can actually be a wonderful way to continue to care for your baby while separated. Coming home from a long day and settling down to nurse your baby can be very relaxing.



Breastfeeding - a long term investment in your baby!

The reality is that breastfeeding after returning to work requires some extra planning. Many mothers have done it very successfully. Seek out the resources that will help you to feed your baby the way that you want to. After all, infant nutrition is a long-term investment in the health of your baby!

MilkWorks

5930 South 58th Street
Trade Center at 58th & Old Cheney
Lincoln, NE 68516
402.423.6402

10818 Elm Street
Rockbrook Village at 108th and Center
Omaha, NE 68144
402.502.0617
www.milkworks.org

MilkWorks provides a variety of services to help mothers breastfeed their babies, including education, support, consultations, breast pumps and breastfeeding supplies.

The Breastfeeding Experts at MilkWorks

When you call or walk into MilkWorks, you will be greeted by one of our **Breastfeeding Educators (BEs)**. These incredible women do everything! They:

- Weigh babies
- Answer basic breastfeeding questions
- Make consult appointments
- Assist with bra fittings as certified Bravado fitters
- Teach parents how to use baby carriers
- Help moms obtain a breast pump
- Lead our moms’ groups

Our BEs also wear a variety of other hats: registered nurse, certified lactation counselor, doula, La Leche League Leader, WIC Peer Counselor, and certified babywearing instructor.

Our **Lactation Consultants (IBCLCs)** are internationally board certified. Between the nine of them, they have well over a hundred years of experience helping mothers breastfeed their babies in a variety of settings, including labor and delivery, home health, and postpartum. They specialize in assisting moms and babies with a wide range of newborn to toddler concerns. Their goal is to provide each mom with the individualized support, patience and expertise she needs to make breastfeeding work for her family. Our IBCLCs are credentialed with most private insurance plans and provide services in accordance with the Affordable Care Act and Women’s Preventive Services.

Please call 402.423.6402 (Lincoln), or 402.502.0617 (Omaha) to schedule an appointment with one of our IBCLCs.



Anne Easterday
LLLL, IBCLC



Debbie Erikson
RN, IBCLC



Christi Schill
RN, IBCLC

Nebraska’s most comprehensive breastfeeding resource!

Quality breast pumps and baby weigh scales.

► **Medical Need (aka Hospital Grade)**

Symphony Rental Pumps

► **Medela Pump In Style and Spectra Personal Use Pumps**

Our personalized Pump Service Plan is provided with all pumps!



Medela Pump In Style



Medela Symphony



Spectra

MilkWorks is a DME provider for most private insurance plans and all Nebraska Medicaid plans.

Finding My Way as a New Mother

I was 21 when my first daughter was born and there was no question as to whether I was going to breastfeed. Growing up, all the women in my family breastfed their babies, and that was my goal as well! My daughter was born at 38 weeks, and things were not as smooth as I expected. She struggled to latch and I wondered why breastfeeding was not going well? Everyone I knew seemed to make it look so easy.

My daughter also wanted to eat all the time, and I quickly became overwhelmed. Still, I did not give up. My husband and my mother gave me unending support and kept me going.

When I was 14, my mother came to MilkWorks for help with my new baby brother. She “lived” at MilkWorks, and when I was pregnant, she attended the breastfeeding class at MilkWorks with me. When my mother saw me struggling with my daughter, she encouraged me to contact MilkWorks for help. However, I was determined to get it right on my own. I was a young mother and I was uncomfortable having someone else see me breastfeeding.

When I took the breastfeeding class, I learned about MilkWorks moms’ groups and I religiously started attending with my new baby. I am forever grateful for the friendships that I made. The best part was becoming comfortable breastfeeding my baby with other people present. I started out breastfeeding with a nipple shield and a nursing cover, then with just the cover, and then just my shirt. This may seem like a small accomplishment to some, but it was huge for me and did wonders for my confidence and my relationship with my baby! My daughter went on to breastfeed for longer than I ever imagined and then happily self-weaned. I couldn’t be



Alex and her two daughters

happier with my decision to make breastfeeding work for us!

Fast forward three years and my second daughter was born. She was three weeks early, but I held her skin to skin after birth and she latched immediately! We had some bumps in the road, but this time I knew that we could overcome anything. My breastfeeding confidence is so much greater with my second baby. I am comfortable asking for help, and I will breastfeed anywhere! At night, my daughter sleeps near me, which makes night time breastfeeding so much easier. Just like my first baby, I plan to let my second daughter self-wean when she is ready. Until then, I will soak up every breastfeeding snuggle we have together.

FAQ – Pumping for Work

How do I get ready to go back to work?

If you are planning to be away from your baby for more than 3-4 hours a day, you will need a good quality, double electric breast pump. Both Medela and Spectra make great double electric breast pumps designed especially for mothers who are returning to work or school: the Pump in Style Advanced and the Spectra S2. Once your baby is breastfeeding well, and you are still on your maternity leave, start pumping once a day between two morning feedings. Store the milk in the freezer. When you start back to work, you will have some milk stored up and your milk supply will be a bit high. This will help as your supply may fluctuate a bit once you are back at work and pumping more often.

Is it possible to maintain a milk supply if I only pump and do not breastfeed my baby?

Milk supply is all about removal. If you take milk out of your breasts frequently, you will make more. Many women find it works best to pump ONLY while at work. When home, they nurse frequently to make sure they stimulate their supply (because baby is better at fully emptying the breast than a pump). The most crucial factor for maintaining a good milk supply is frequent milk removal, especially by baby.