

Support for Moms (and Dads)!

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 supplies 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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Winter 2018



An Important Decision to Make Infant Nutrition

By Ann Seacrest, RN, IBCLC,
Executive Director of MilkWorks

Pregnancy is full of joy - and full of decisions. Select a health care provider for prenatal care. Pick the perfect baby name. Buy a car seat and figure out how to use it! And, another biggie: choose what and how to feed your baby.

Your great grandmother would not have given infant feeding a second thought. There was no choice. Babies were breastfed.

In the 1950's, cow's milk formula replaced human milk. Mothers abandoned breastfeeding for multiple reasons. Women were going to college and entering the work force. Processed food was modern and desirable. The role of breasts in our culture transitioned from a food source for babies to the pages of a girly magazine.

The tide is turning. Research shows that real food supports our health better than processed food - whether you are a newborn or an adult. Food closer to the food chain enhances our nutritional status.

Human milk is intricately designed just for human babies. In addition, the physical contact of breastfeeding calms and soothes an infant, allowing for optimal brain development and socialization.

Some parents are intimidated by breastfeeding. It is one more thing to master and parents hear that it can be hard. In addition, mothers have additional concerns. How will I return to work or school while breastfeeding? Or nurse in public? Does my insurance plan cover breastfeeding help?

The reality is that breastfeeding is not always easy. Some babies don't get 100% breast milk and some babies don't spend all their feeding time at the breast. Moms in Lincoln are fortunate to live in a community that supports breastfeeding. The Affordable Care Act provides coverage of breastfeeding support for moms who have private insurance and Nebraska Medicaid is introducing coverage as well.

Breastfeeding is slowly becoming the norm and parents are often surprised by what they learn. The goal is not perfection. Some human milk is better than none and more is better than less. The goal is to know that you have a community of support ready to help you and your baby find your way and make breastfeeding work for you.



You want to give your baby the world.
Start with the best nutrition.

MilkWorks

Hours: Monday - Saturday 9 am - 5 pm
(Open Tuesdays until 8 pm)

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

10818 Elm Street
Rockbrook Village at 108th & Center
Omaha, NE 68144
402.502.0617

Home Based Services
Meghan Gerken, RN, IBCLC
York, NE
402.710.8577

www.milkworks.org

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

Ann Seacrest, Executive Director
ann@milkworks.org

Expert Lactation Care

No mother should have to struggle with (or worry about) breastfeeding concerns alone! MilkWorks has nine **internationally board-certified lactation consultants (IBCLCs)** who assist mothers and babies once they leave the hospital setting. Our IBCLCs have extensive experience working with a wide range of breastfeeding concerns and provide individualized breastfeeding support six days a week. Consultations are by appointment. Our goal is to schedule mothers of newborns within 24 hours. We are in network with most major insurance plans. **Please call 402.423.6402 (Lincoln), 402.502.0617 (Omaha) or 402.710.8577 (York) to schedule an appointment.**

The Lactation Consultants at MilkWorks:

- Suzy Meyers, IBCLC, LLL
- Teresa Flattery, RN, IBCLC
- Debbie Erikson, RN, IBCLC
- Jenny Maestas, BA, IBCLC
- Mindy Tockey, RN, IBCLC
- Anne Easterday, IBCLC, LLL
- Christi Schill, RN, IBCLC
- Meghan Gerken, RN, IBCLC
- Jenny Peterson, RN, IBCLC
- Kathy Leeper, MD, IBCLC, FAAP, FABM

Weigh Your Baby

One of the many free services that MilkWorks provides is a Baby Weigh station. Parents may stop in and weigh their baby six days a week in Lincoln or Omaha. Drop in weight checks can be reassuring for mothers who want to make sure that their baby is gaining well. We will FAX your baby’s weight report to your health care provider upon request.

What is typical weight gain for a breastfed baby?

Babies often lose up to 10% of their birth weight in the first three to four days of life. After day four, babies will gain weight and should reach their birth weight by 14 days of age. Each baby will follow his or her growth curve on the WHO growth chart. Weight gain usually slows down a bit after three months of age, and again after six months of age.



Infants have varying lengths and weights, based on their family background. However, all infants will consistently gain weight and increase in length.

If you are concerned about your baby’s intake, we encourage you to schedule an appointment with an IBCLC for a full feeding assessment.

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!



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

Breastfeeding: Different for Every Mother and Every Baby

Nineteen years ago, when my daughter was born, I had zero experience with babies! I was the youngest child in my family, and I had never even held a baby. My husband and I were living in a small Kansas town where my coworkers were all single men. Family was far away. I felt like I had zero support.

Someone suggested that I call the local La Leche League Leader. I didn’t call her – either before or after my daughter was born. After all, why would anyone need help breastfeeding?

My daughter had jaundice and a home health nurse came to check on her. She saw I was struggling, and told me “some babies just won’t latch.” I had a hospital grade pump so I pumped and bottle fed for three months before giving up.

I felt like a failure. I believed the nurse when she said my baby could not breastfeed. I was too naïve and embarrassed to call the local La Leche League. If a nurse couldn’t help, who could?

Fast forward nine years. My husband and I are now living in Lincoln and I am expecting our second baby. I anticipated breastfeeding to go badly, but I knew about MilkWorks and that was my Plan A. The hospital lactation consultant was attentive and my new daughter seemed like a natural breastfeeder. She latched and ate happily, but the scale showed she was removing very little milk.

On my way home from the hospital, I stopped at MilkWorks to rent a pump and a scale. I also wanted to make an appointment with a lactation consultant. After asking several questions, the staff at MilkWorks



thought that we were doing great.They recommended we continue our hard work and call if we needed more help.

That’s when my Kansas baby, now almost ten, became my Plan B. She was my breastfeeding assistant. She adjusted my pillows, moved my nursing stool and helped with weight checks at home and at MilkWorks. She even offered advice! She read to her new sister, often with their fingers clutched together. I could not have done it (for 15 months!) without her.

Breastfeeding was not a graceful process for me, and my older daughter’s support was just what I needed. By feeding my second baby, I bonded with both my daughters. Any feelings that I failed with my first daughter are gone. I know that she will not question whether or not to breastfeed her babies. She intuitively knows what it takes. My daughter gave me a wonderful gift by sharing this experience with me.

FAQ – MILK SUPPLY

My mother did not have enough milk to breastfeed me. Will I have enough milk to feed my baby? Many women 20 to 30 years ago did not make enough milk because they did not know it is necessary to remove milk frequently and thoroughly in order to make more milk. In rare cases, a mother and her daughter may share a physical inability to make sufficient milk, but for the most part, there isn’t a familial connection. Most women can make enough milk if they remove it early and frequently.

How will I be able to tell that my baby is getting enough milk? With a full term, healthy baby, there are some basic guidelines to know that your baby is getting enough. By day four, your baby should be nursing for 10 to 30 minutes at least 8 times a day. He or she should be waking to feed and may fall asleep or have a quiet alert period after eating. All this nursing should produce at least 6 wet diapers and 3 dirty diapers in 24 hours. Early babies or babies with jaundice may be sleepy and need to be woken for feeds. If you are concerned about milk intake, stop by to weigh your baby at MilkWorks.

What is the difference between a Medical Need rental pump and a Personal Use Pump? The Medela Symphony Medical Need breast pump is a very high quality pump designed to initiate and maintain a milk supply when a baby is not latching or removing milk well. A Personal Use Pump, such as the Medela Pump In Style or Spectra, is designed for mothers who have a good milk supply and baby is feeding well, but require a pump for return to work or for convenience. MilkWorks is a provider of both Medical Need and Personal Use Pumps.