

Breastfeeding and More!

MilkWorks offers a variety of classes and groups for expectant and new parents.

Visit www.milkworks.org or call (402) 423-6402 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 outside the home while breastfeeding. Learn the "ins and outs" of pumping, storing milk, federal regulations 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. Plus, learn how to make your own healthy baby food! Taught by a registered dietitian. Fee is \$10

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 and babyworks on Facebook! Or join our Facebook groups: MilkWorks Return to Work Moms, MilkWorks Food Sensitivities and Intolerances Group, MilkWorks Multiples, and MilkWorks in the Community.

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.

Baby Weigh Station

Drop in and weigh your baby during our open hours seven days a week. FREE.

Shop local. Feel great!

When you shop at babyworks, you support the breastfeeding services at MilkWorks.

(And you'll find the perfect baby gift!)

Baby Basket Gift Registry

Our Baby Basket Gift Registry makes shopping easy!

About two weeks before your baby shower, come in and select your favorite baby items for your basket.

Friends and family can shop right out of your basket, and then let us do the wrapping.

Learn more on our website: milkworks.org/shop



babyworks
BOUTIQUE



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Milk matters

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An Important Decision to Make

Infant Nutrition

By Ann Seacrest, RN, IBCLC
Executive Director of MilkWorks

Pregnancy brings much joy, but it also means the pressure is on. Gain enough weight, but not too much. Select the perfect baby name. Buy a car seat – and figure out how to install it. Then the biggie: choose what to feed your baby.

Ninety years ago, your great grandmother would not have given infant feeding a second thought. There really was no choice. Babies were breastfed.

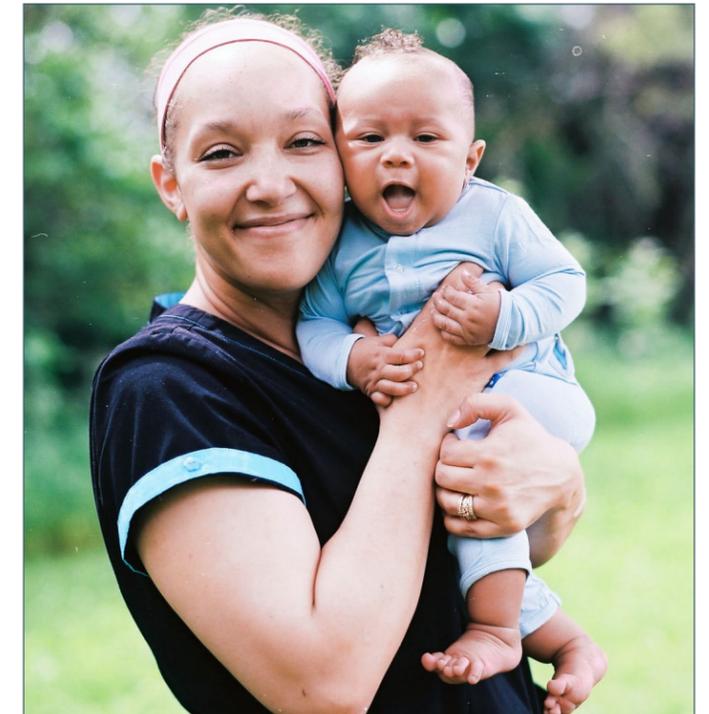
This changed in the 1950's when cow's milk formula replaced human milk. Mothers abandoned breastfeeding for multiple reasons. More women were enrolling in higher education and entering the work force. Processed food was seen as modern and desirable. The role of breasts in our culture transitioned from a food source for babies to the pages of a girlie magazine.

Today, the tide is turning, as research shows that real food supports the human body's immune and metabolic functioning better than processed food – whether you are a newborn or an adult. Food close to the food chain enhances our nutritional status.

For newborns, insulin balance and blood pressure function best with food that is intricately designed just for humans. In addition, the physical contact of breastfeeding calms and soothes an infant, allowing for optimal brain development and socialization.

Many new parents are intimidated by breastfeeding. It is one more thing to master and most parents have heard how hard it can be. In addition, mothers have additional concerns. What about returning to work or school while breastfeeding? Or nursing in public? Does my insurance plan cover breastfeeding help?

The reality is that breastfeeding is not always easy. It may not be perfect. 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 now provides coverage of breastfeeding support for moms who have private insurance. Hopefully, Nebraska Medicaid will follow in its footsteps.



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

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

Breastfeeding Assistance:

MilkWorks

5930 South 58th (in the Trade Center)
Lincoln, NE 68516
(402) 423-6402
www.milkworks.org

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

Expert Lactation Care

MilkWorks has seven board certified lactation consultants (IBCLCs) who assist mothers and babies once they leave the hospital setting. They provide individualized breastfeeding help seven days a week. Our lactation consultants have extensive experience working with a wide range of breastfeeding concerns. Consultations are by appointment and mothers of newborns are scheduled to be seen within 24 hours. Mothers or babies with Medicaid receive consultations at no cost due to grants and donations.

Please visit our web site www.milkworks.org for information on insurance coverage of breastfeeding services. Our lactation consultants are in network with most insurance plans.

- **Suzy Meyers, IBCLC, LLL-L**
- **Michelle Jenkins, RN, IBCLC**
- **Jenny Maestas, BA, IBCLC**
- **Teresa Flattery, RN, IBCLC**
- **Ann Seacrest, RN, IBCLC**
- **Kaye Lidolph, 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 seven days a week. This is often reassuring for mothers who want to make sure that their baby is gaining well.



Infants will have varying lengths and weights, based upon 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 a lactation consultant for a full feeding assessment.

What is typical weight gain for a breastfed baby?

- Babies often lose up to 10% of their birth weight in the first 3 days of life.
- After day 4, babies should gain weight and reach birth weight by two weeks of age.
- Normal gain is about .5 to 1 ounce per day (4 to 8 ounces per week or 1 to 2 pounds per month).
- Weight gain slows after 4 months of age, dropping to about 1 to 1.5 pounds per month.
- From 6 to 12 months of age, gain is about .5 to 1 pound per month.

MilkWorks

Lincoln's largest supplier of quality breast pumps!

- Medical need rental pumps
- Personal use electric pumps
- Breastfeeding supplies
- Milk storage accessories
- Bravado nursing bras and tanks



Medela® Pump In Style® Advanced Backpack with 2-Phase Expression® technology.

Bravado Body Silk Seamless Nursing Bra: Yoga

In-network provider for most private insurance plans and all Medicaid plans.

Breastfeeding: Different for Every Mother and Every Baby

Seventeen years ago, when my daughter was born, I had zero experience with babies! I was the youngest child in my family, I had never held a baby, and I did not play with dolls. My husband and I were living in a small Kansas town where I worked at the newspaper with a bunch of single men. All of my family was far away so I also had zero support.

Someone suggested that I call the local La Leche League Leader. I actually knew her from an article I wrote for the paper. 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 that I was struggling, 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 failure. I believed the nurse when she said my baby could not breastfeed. I was too naïve and embarrassed to call La Leche League. If a nurse could not 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. I started weighing her in the hospital and some feeds she had zero milk transfer!

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 me several questions, the staff at MilkWorks thought that I was a doing great. They recommended I keep doing what I was doing and call back if I felt I needed more.



I may not have needed help, but I wanted help. And, of course, I did not call back. So now I had to figure out a Plan B. I had no idea what I was going to do until my Kansas baby, now almost ten, became my Plan B.

My older daughter was my breastfeeding assistant. She adjusted my pillows, moved my nursing stool and helped with weight checks. She even offered advice! She read to her new sister, often with their fingers clutched together. I could not have done it without her.

Breastfeeding was not a graceful process for me and I needed help. Help came to me in the form of my older child. By feeding my second baby, I bonded with both my daughters. Any feelings that I failed with my first daughter are gone. I also 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. Women usually can make 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 hospital grade 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, 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.