

Support for Moms (and Dads)!

MilkWorks O wants to help you and your baby navigate the business of being healthy. Check out our services designed to make breastfeeding easier!

Classes

MilkWorks O is now offering two classes: All About Breastfeeding and Return to Work. Whether you are preparing to breastfeed or return to work or school, these classes provide you with information and support! Classes may be filed with insurance.

Mom Talk

Bring your baby and join other breastfeeding moms. Share breastfeeding information and the ups and downs of being a new mom. Research has shown that moms who spend time with other moms adjust more easily to motherhood. The group is led by a breastfeeding educator. Visit www.milkworks.org or our facebook page (search MilkWorks O) for meeting times. No need to register and no fee to attend – just drop in!

Breastfeeding Information Center

All moms appreciate accurate, consistent breastfeeding information. All of our handouts are based on the latest research, or best current practices, and are reviewed on a regular basis by our breastfeeding medicine specialist, Kathy Leeper, MD, IBCLC. Stop by MilkWorks O, call us at (402) 502-0617, or visit www.milkworks.org.

Baby Weigh Station

Parents may drop in and weigh their baby on a high quality digital scale during our open hours six days a week. We will help you track your baby's weight or FAX your baby's weight to your doctor's office.



The Baby Weigh Station

Facebook Groups

Moms of Multiples: Join other moms of multiples online! Search MilkWorks Multiples on Facebook.

Food Intolerances: For parents of infants and children with a food intolerance or sensitivity. Share information on recipes, eating at restaurants, and coping strategies. Search MilkWorks Food Intolerance on Facebook.

Return to Work Moms: For breastfeeding moms who have returned to work or school outside the home. Search MilkWorks Return to Work Moms on Facebook.

MilkWorks O: For the most recent updates on services, products and events, find MilkWorks O on Facebook!



Shop local. Feel great!

Buy local & support breastfeeding in our community

We carry quality breast pumps, parts and accessories, comfortable nursing bras, milk storage containers, swaddle blankets, baby carriers – everything you need to breastfeed and comfort your baby.

We custom fit and teach you how to use our products.

All proceeds subsidize our free moms' groups, Breastfeeding Information Center and Baby Weigh Station.

Milk matters O

Fall 2016/Winter 2017

Wellness for New Mothers

Welcoming a new baby is a time of great change. As you ease into this new stage of your life, remember to take care of yourself.

There is great pressure for new mothers to be happy, trim and fit within weeks of giving birth. These expectations may be unrealistic. Give yourself time to adjust to motherhood and focus on the basics of health. They will go a long way towards helping you look and feel good about yourself.

Where to start?

- ❖ Exercise. No need to run a marathon. Instead, start out gentle. Take a walk daily. Put your baby in a baby carrier or stroller and walk around the block, or indoors at the mall. If you were very active before baby was born, you will be able to tolerate more. Otherwise, start slow and gentle – ten minutes a day.
- ❖ Eat well. No need for gourmet meals. Keep a variety of nutritious foods in the house. Fill small containers with cubes of meat, cheese, nuts, fresh veggies and fruit and whole wheat crackers. Snack on small amounts throughout the day. This will keep you from snacking on junk food...and keep you from being cranky and super hungry at meal times.
- ❖ Sleep. Even if disrupted by baby. A new baby often means that you must resort to more sleep periods, but shorter ones. Don't ignore your need for sleep. It is a factor in weight control and mood control.
- ❖ Friends. Spend time with other mothers. Join a moms' group. Sharing concerns with other mothers helps you realize you are not alone and exposes you to other ways of problem solving.
- ❖ Get help. Ask friends and family to help you with the stuff you can't seem to get done. Have them bring in a meal or hold baby while you take a nap or run an errand. Hire a temporary house cleaning service.

Some women, especially if they have a history of depression, may find it harder to balance the changes of motherhood. Feelings of sadness, anxiety, fatigue, isolation or being overwhelmed are not unusual after



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

giving birth. But if they worsen or continue, do not be afraid to ask for help. You may find that you would benefit from counseling or medications. The goal is for you to stay healthy as you nurture your baby and enjoy being a mother.

Breastfeeding Assistance:

MilkWorks O

10818 Elm Street, Rockbrook Village
Omaha, NE 68144
(402) 502-0617
www.milkworks.org

Open Monday-Saturday, 10 a.m.-5p.m.

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

The Experts at MilkWorks O

Our MilkWorks O staff have a wide variety of credentials that help them assist breastfeeding moms in different ways.

Our **Breastfeeding Educators (BEs)** and Certified Lactation Counselors (CLCs) answer basic breastfeeding questions, schedule consultation appointments, help moms weigh their babies and obtain breast pumps, assist with bra fittings (they're all certified fitters!), teach parents how to use baby carriers, and basically run the place! All of them have breastfed their own children. Between our BEs, we have a Registered Nurse, Doula, La Leche League Leaders and Certified Babywearing Instructors!

Our **Lactation Consultants (IBCLCs)** are internationally board certified. Between the three of them, they have nearly 50 years of experience helping mothers breastfeed their babies. Debbie, Anne and Christi specialize in assisting moms and babies with a wide range of concerns. They accept each mom and baby where they are, and provide the support, patience and breastfeeding tools to help each mom reach her goal. Our IBCLCs are credentialed with most private insurance plans and provide services in accordance with the Affordable Care Act and Women's Preventive Services.



Anne Easterday
LLLL, ALC, IBCLC



Debbie Erikson
RN, IBCLC



Christi Schill
RN, IBCLC

MilkWorks O

Omaha's most comprehensive breastfeeding resource!

- Hospital grade rental pumps
- Personal use, double electric pumps
- Breastfeeding supplies
- Milk storage accessories
- Bravado nursing bras and tanks

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2 PHASE
EXPRESSION

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

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DESIGNS
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Bravado Body Silk Seamless Nursing Bra: Yoga

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

Breastfeeding: Different for Every Mother and Every Baby

Breastfeeding my first three children – Jocelyn, Josiah and Noah – was not easy. I pumped long term for Jocelyn, because she could not remove milk well and she then went on a nursing strike for four months and would not latch. My twins, Josiah and Noah, were born at 35 weeks. I pumped for ten weeks and supplemented with donor milk to meet their needs and help them gain weight. With all three of them, I learned so much about breastfeeding babies who don't nurse well. Yet I nursed each of my first three children for more than two years, and throughout it all, I encouraged other mothers to breastfeed.

As I worked so hard to breastfeed Jocelyn, and then Josiah and Noah, many people told me it would be okay to stop nursing, but I am so glad that I persevered. I worry a bit that my story might scare a new mom. I also know that most moms do not have so many problems. While breastfeeding my first three children was exhausting for me, it was also very worthwhile.

When Eliana, my fourth child was born, I was in for a big surprise. It was hard to believe, but she latched comfortably, removed milk and gained weight. She breastfed so well that I found it difficult to trust what was actually happening. I did not need a scale to track her weight. I did not have to pump to feed her extra

milk. I did not need a notebook full of feeding logs and notes. I did not even have to wake her to feed. Eliana knew just what to do. I was the one who had to learn to trust that breastfeeding could be easy.

All of my four children have taught me that every baby is truly different. Breastfeeding may come with challenges and require some hard work, but breastfeeding can also be quite easy. I am so appreciative that I had support when I needed it with my first three children. Support allowed me to believe in my ability to take care of my children when I most doubted it. It also prepared me to enjoy the wonder of nursing a baby who knows just what to do!



Julie and Eliana

Breaking News on Breastfeeding

Researchers at the University of North Carolina School of Medicine have found that babies who are exclusively breastfed for the recommended first six months of life appear to transition more easily to solid foods, resulting in fewer stomach aches and colic.

Breastmilk promotes the perfect microbiomes in an infant's gut. According to the lead researcher, Amanda Thompson, these microbiomes help a baby to digest food and may positively influence a baby's life long health.

<http://www.sciencedaily.com/releases/2015/02/150205174625.htm>



FAQ

- Does breastfeeding really burn calories?**
Yes, breastfeeding your baby consumes about 500 calories a day – most likely a built-in system to help mothers lose the weight that they gained during pregnancy.
- Can eating too little while breastfeeding impact your milk supply?**
Yes, but only if a mother drops her caloric intake lower than 1800 calories every day. Allow your body to gradually lose weight. Eating too little may also make it harder for you to handle the work of taking care of your baby.
- How much water should I drink?**
Drink water when you are thirsty. Your body is made mostly of water. If you don't drink enough water, you may find you tire more easily.