

## 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! **There is no fee for the services listed below.**

### 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](http://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. Our goal is to make sure that you can trust the guidance you receive. 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](http://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.

We are a **well baby** facility so you do not have to worry about encountering sick children.

### Virtual Support - 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!



*The Baby Weigh Station at MilkWorks O.*

## Buy local and support breastfeeding in our community!

We carry breast pump parts, 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 mom's groups, Breastfeeding Information Center and Baby Weigh Station.*



# Milk matters O

Winter 2016

## 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 Lincoln 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.



Photos Courtesy of Images for a Lifetime by Erica Thompson ©2010

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!

### Breastfeeding Assistance:

#### MilkWorks O

10818 Elm Street, Rockbrook Village  
Omaha, NE 68144  
(402) 502-0617  
[www.milkworks.org](http://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

## No Two Breastfeeding Experiences Are Alike

Colleen's daughter, Evangeline, did not take to breastfeeding easily. She needed extra help to learn how to breastfeed well and Colleen worked long and hard to care for her baby and make that happen. So when Colleen became pregnant with her son, Uriah, she was a bit nervous. What if her second baby needed extra help to breastfeed? How would she have the time and patience with an active toddler?

Right from the start of Colleen's pregnancy, things were different. No morning sickness or exhaustion with this pregnancy! There were days, Colleen says, when she even forgot she was pregnant. Her active toddler, Evangeline, took all her attention.

Uriah's birth was wonderful, and as Colleen held her new son skin to skin, she began to think about breastfeeding. She felt prepared and experienced. After all, she had nursed Evangeline throughout her pregnancy. However, Colleen was prepared to wince when her new son latched. She remembers how painful it was to feed Evangeline in the first couple of months.

To her surprise, breastfeeding did not hurt! In fact, in Colleen's words, "It felt natural." Her son knew exactly what to do. When her husband asked her how it felt, Colleen told him, "It feels like breastfeeding should feel." Colleen admits that being an experienced breastfeeding mom may have helped. But she really credits Uriah for breastfeeding well from the start.

While Colleen has learned that siblings can breastfeed differently, she also feels as though her experiences illustrate her two children's personalities. Evangeline is always on the go. She'll have an attitude for days,



Colleen and family

Colleen shares. Uriah is much more relaxed and content. Colleen says she is grateful for the birth order of her children. She was given Evangeline when she had more time. She could handle the patience it took to help her daughter learn to breastfeed well. Then Colleen was given Uriah, who was willing to "roll with the punches."

Having two children under two years of age has been an adjustment, according to Colleen. She misses her one-on-one time with Evangeline and she's sad that Uriah will never know what it is like to have mommy all to himself. But she also knows they will all earn valuable lessons from having a sibling: how to wait, how to love each other, and how to share.

## 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



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



bravado!  
DESIGNS  
A Medela Company

Bravado Body  
Silk Seamless  
Nursing Bra:  
Yoga



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

## 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. It's important to have a pump that is designed especially for employed mothers. Medela has two options: the Pump In Style Advanced and Freestyle; Spectra's S1 and S2 pumps are also great options. 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.