

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 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

Summer 2016

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 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
LLL, ALC, IBCLC



Debbie Erikson
RN, IBCLC



Christi Schill
RN, IBCLC

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.

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 Body Silk Seamless Nursing Bra: Yoga

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