

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. Learn the basics of breastfeeding, including when and how to get help. Fee is \$20. 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 \$10. May be filed with insurance.

Introducing Solids & Making Your Own Baby Food

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. FREE. No registration required.

Facebook

Find MilkWorks and babyworks on Facebook! Or join our Facebook groups: MilkWorks Return to Work Moms or MilkWorks Food Allergies and Sensitivities Group.

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.

babyworks - The Baby Boutique with a Mission!



All proceeds from **babyworks** support the educational and clinical services at **MilkWorks**.

For quality breastfeeding essentials at great prices, or the perfect baby gift, stop by **babyworks** any day of the week!



BRAS shoes TOYS swaddle blankets CLOTHING carriers BOOKS breastfeeding pillows DIAPER BAGS and more!

Featuring our Baby Basket Gift Registry - easy shopping for family and friends! All registry items eligible for a 15% discount.



For information on events and specials, email us at newsletter@milkworks.org and ask to receive our monthly email newsletter.



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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

Let's be honest. Pregnancy means the pressure is on. Gain enough weight – but not too much. Select a wonderful baby name. Buy a safe car seat – and figure out how to install it. Then comes that biggie: Choose what you should feed your baby.

Seventy-five years ago, your great-grandmother would not have given infant feeding a second thought. There was no choice. Babies were fed human milk.

Today, parents are in the middle of two opposing forces. Open any popular parent's magazine and the glossiest, cutest ads are selling infant formula. But the articles in the same magazines are full of breastfeeding tips from the American Academy of Pediatrics and the U.S. Surgeon General.

In one ear, you have family members saying, “You were fed formula and you turned out great!” In the other ear, your healthcare provider chimes in with, “Breastfeed your baby.”

What's a new parent to do? Research has proven that human milk is the best for human babies. Complex metabolic processes related to insulin balance and blood pressure, as well as the immune system and brain, work best with food that is intricately designed just for humans. In addition, the physical contact of breastfeeding appears to calm babies and help them mature.

The bottom line is your baby's health.

Many new parents are intimidated by breastfeeding. It is one more thing to master. And though it is all about feeding your baby, unfortunately, it means getting past the word “breast” in order to do that.

Breastfeeding mothers often have additional questions. What about returning to work or school while breastfeeding? Or nursing in public? Does insurance cover breastfeeding help?

You are lucky to live in a community that supports breastfeeding women. Coupled with new services provided by the Affordable Care Act, breastfeeding is



Photo courtesy of Images for a Lifetime by Erica Thompson ©2011

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

slowly becoming the norm.

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 use community resources to help make breastfeeding work for you and your family.

Breastfeeding Assistance:

MilkWorks

5930 South 58th in the Trade Center
(402) 423-6402 · information@milkworks.org

www.milkworks.org

Open daily

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

Expert 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 usually scheduled to be seen within 24 hours. 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.



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Michelle Jenkins, RN, IBCLC
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Lactation Manager,
Suzy Meyers

Dr. Kathy Leeper, a pediatrician and board certified lactation consultant, serves as MilkWorks Breastfeeding Medicine Specialist. She is one of a small number of physicians who specialize in breastfeeding medicine. Dr. Leeper has a limited practice at MilkWorks.



Dr. Kathy Leeper

Only at MilkWorks

Weigh your baby for peace of mind

One of the many services that *MilkWorks* provides new parents is a Baby Weigh Station. When *MilkWorks* is open, parents may stop in and weigh their baby on a digital scale. This is often very reassuring for mothers who are breastfeeding and want to make sure that their baby is gaining well.

What is typical weight gain for a breastfed baby?

- Full term newborns weigh usually six to ten pounds.
- 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.
- Most healthy term babies will double their birth weight by 4½ months of age.

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

Moms who are concerned that their baby isn't getting enough breastmilk can weigh their baby before and after a feeding to find out how much their baby consumed. If the results are concerning, mom can schedule an appointment with a lactation consultant.

Stop in and weigh your baby at *MilkWorks*. There is no charge for this service and you are welcome to come in as often as you'd like.

The Value of Support

Julia is the mother of three adorable children. When her first daughter was born, Julia breastfed because she was told it was best for her baby. It wasn't easy. Her daughter did not latch well, she felt unprepared and unsupported, and found it hard to breastfeed when she returned to work. Julia stopped breastfeeding when her daughter was three months old.

When her son was born, Julia felt she knew more about breastfeeding. But Levi also had some issues with breastfeeding. He did not gain well at first, but with patience, he went on to breastfeed beautifully until his second birthday.

Then Maeby came along. After an "amazing" birth at The Midwife's Place, a birthing center in Bellevue, Julia started breastfeeding Maeby with much excitement and confidence. But Maeby had a different agenda. Even though Julia had a great milk supply, Maeby just could not remove milk well.

Luckily Maeby has a mom who understands the value of breastfeeding and was not willing to give up. Julia used a nipple shield, did a lot of pumping, and worked through breast refusal. She turned to the lactation consultants at MilkWorks and found support from her husband and her co-workers at CircleME. When Maeby was fifteen weeks old, she finally got it! As Julia says, "I was so proud of my daughter and so thankful for all of the support I received that kept me going."

Patience is a very valuable tool when it comes to



Photo by Elayne Woods

Julia with baby Maeby and family

helping a baby learn to breastfeed. Julia found that she often had to take a deep breath, relax and remind herself that breastfeeding is not always like we think it will be. "Sometimes I had to laugh even when I wanted to cry and throw in the towel," Julia shared.

When asked why she kept going despite challenges, Julia said that breastfeeding is more than nutrition for her babies. "Breastfeeding is a bond with my children and other mothers. It is a daily biology lesson for my older children, and a daily reminder of God and how he has made 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. Health care providers at the time weren't trained to assist with breastfeeding and often assumed it would be easier for moms to formula feed. 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. Any time you are concerned about whether your baby is getting enough milk, feel free to stop in to *MilkWorks* and weigh your baby.

What is the difference between a hospital grade rental pump and a personal use pump?

The Medela hospital grade Symphony 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. Some mothers will rent a Symphony pump once they are home from the hospital if they continue to need a hospital grade pump. 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 hospital grade and personal use pumps.

MilkWorks
Lincoln's largest supplier of quality breast pumps! In-network for most insurance plans.

- hospital-grade rental pumps
- personal use pumps
- breastfeeding accessories
- Bravado Intimate Apparel

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

Bravado Body Silk Seamless Nursing Bra

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