

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

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 MilkWorks, you support the educational and support services that we provide for all families.

PLUS, you get expert advice and information on breastfeeding products and baby care items!

Featuring:

- Quality Personal Use and Medical Need Pumps, including our FREE pump service plan.
- A wide range of pump parts and accessories.
- Swaddle blankets, sleep bags, and baby carriers.
- Comfortable nursing bras and tanks, pumping bustiers, and nursing covers.
- And more!

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Milk matters

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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

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.

The Experts at MilkWorks

All of our staff have different levels of breastfeeding expertise - designed to help new mothers and babies in different ways.

Our **Breastfeeding Educators (BEs)** and **Certified Lactation Counselors (CLCs)** answer basic questions, help mothers select a pump, fit bras, provide information about baby carriers, and schedule consultation appointments. Basically, they run the place! Led by Vicki and Paula, they are a busy team of women who love working with breastfeeding moms!

Our **International Board Certified Lactation Consultants (IBCLCs)** have all met education and clinical practice requirements and passed an international certification exam. They have a variety of additional expertise as nurses, hospital lactation consultants, childbirth educators, doulas and La Leche League Leaders. Our IBCLCs are credentialed with most insurance plans and they specialize in helping moms and babies with a wide range of breastfeeding concerns.

Dr. Kathy Leeper, MD, IBCLC, a pediatrician and board certified lactation consultant, serves as our Breastfeeding Medicine Specialist.

Support for Moms

MilkWorks wants to help you and your baby navigate the business of being healthy. Check out our groups designed to help you feel good about being a mother!

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 easier to motherhood. The group is led by a breastfeeding educator and is held every Tuesday and Wednesday from 10 a.m to 11:30 a.m. No need to register. No fee to attend. Just drop in!

Twin Talk – Support for moms of multiples! If you are expecting twins, or breastfeeding multiples, please join other moms for learning and support. No need to register. No fee to attend. Older siblings welcome. Held the first and third Thursdays of the month, 10 a.m. - 11:30 a.m.

Virtual Support Also! Facebook Groups:

Can't make it to Twin Talk? Search *MilkWorks Multiples*.

Want to share recipes and coping tips with parents of children who have Food Sensitivities or Intolerances? Search *MilkWorks Food Intolerance*.

Back at work outside the home? Search *MilkWorks Return to Work Moms*.

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.



Julie and Eliana

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!

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.

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.

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Bravado Body
Silk Seamless
Nursing Bra:
Yoga

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