

## Breastfeeding and More!

MilkWorks offers a variety of classes and groups for expectant and new parents.  
Visit [www.milkworks.org](http://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 \$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.

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

### Breastfeeding Information Center

Visit our website at [www.milkworks.org](http://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.

## The Baby Basket Gift Registry at babyworks makes shopping easy!

- Approximately two weeks before your baby shower, come in and select your favorite baby items for your basket.
- We'll give you 20% discount coupons for everyone attending your shower.
- Friends and family attending your baby shower can stop by babyworks 7 days a week and quickly select an item to purchase from your basket.

Learn more on our website:



**baby  
works**  
The boutique at MilkWorks



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!**

For information on events and specials, sign up for our newsletter on our website: [www.milkworks.org](http://www.milkworks.org)



# Milk matters

VOLUME 19, Fall 2015/Winter 2016

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## 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

5930 South 58th (in the Trade Center)  
Lincoln, NE 68516  
(402) 423-6402  
[www.milkworks.org](http://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 the staff at MilkWorks have different credentials - designed to help moms in different ways.

Our **Breastfeeding Educators (BEs) and Certified Lactation Counselors (CLCs)** answer basic questions and help moms with breast pumps, bra fittings and using baby carriers. They schedule consultation appointments for moms and basically run the place! They have all taken a breastfeeding educator or lactation counselor workshop.

Our **Lactation Consultants (IBCLCs)** are all internationally board-certified and have a variety of backgrounds as labor and delivery and postpartum nurses, hospital lactation consultants, childbirth educators, doulas and La Leche League leaders (whew!). Between the six of them, they have more than 50 years experience helping moms breastfeed their babies. Our LCs specialize in helping moms and babies with a wide range of concerns - big or small!

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

## 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 more easily to motherhood. The group is led by a breastfeeding educator and is held every Tuesday and Wednesday from 10 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. to 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 Sensitivities and Intolerances*

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

## Breastfeeding: Different for Every Mother and Every Baby

My first breastfeeding experience three years ago was challenging. I came to MilkWorks right after I left the hospital and met with a lactation consultant. She helped me properly latch my baby so I wouldn't be in pain each time I fed, but we soon learned that I also had a low milk supply. I thought it was simply taking a long time for my milk to come in!

I started triple feeding and taking a galactagogue to increase my supply. I was hopeful, but I soon found out that triple feeding is a lot of work. My husband was a blessing – he did everything in his power so I could focus on nursing and pumping for our daughter. I also learned that I had insufficient glandular tissue and would never have a full milk supply. With the support and encouragement of family and friends, I continued nursing and pumping for 10 months even though I only produced a few milliliters for each feeding.

When my second daughter, Rachel, was born this summer, I hoped I would have a different story. I was optimistic that my second pregnancy would allow my body to produce sufficient glandular tissue so I would have an adequate milk supply and that I would remember everything I learned with my first daughter. However, I again learned that I had a low milk supply. While this shouldn't have been a surprise, I was very disappointed that I wouldn't be able to exclusively breastfeed my daughter. I again began triple feeding and taking supplements to increase my supply.

This time many of my friends and family were less excited about my decision to triple feed. They knew it



**Beth and daughter Rachel**

required a lot of effort and my eldest was now a preschooler and required attention. But I am so grateful that my lactation consultant listened to what I wanted. She affirmed my belief that it is more than the milk, but also the bonding process that takes place between my baby and myself.

This time I am giving myself a little grace. I pump as much as possible, but I don't hold myself to the expectation that I will pump after every feeding. Support from MilkWorks helped me realize that I don't have to be "perfect" for breastfeeding to work. I needed to hear this and it has made all the difference! Breastfeeding is a bit different for my baby and me, but for us it works just the way it is supposed to!

**MilkWorks**  
Lincoln's largest supplier of  
quality breast pumps!

- 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

**medela**



**In-network provider for most private insurance plans and all 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. Medela® makes two great pumps designed especially for employed mothers – the Pump In Style® Advanced and the Freestyle®. 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.