

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. Includes our Return to Work class. Fee is \$25.

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 or included in All About Breastfeeding class.

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.

Food Intolerance Group

For parents of children with food sensitivities. Group meets the first Sunday of each month. This group will share recipes, information and coping techniques. FREE. No registration is required.

Parent Information Center & Breastfeeding Hotline

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.

*"Breastfeeding my son would not have been possible without the expert guidance that you gave us in the early days."
Tanya (mother of Mark)*



The boutique at MilkWorks

For quality breastfeeding essentials at great prices, or the perfect baby gift, stop by **babyworks** any day of the week! All proceeds from **babyworks** support the educational and clinical services at MilkWorks.

BRAS shoes TOYS diapers
CLOTHING hats CARRIERS
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.

If you would like to receive information on events and specials, email us at newsletter@milkworks.org and ask to receive our monthly email newsletter.



*Fit for a prince
(or a princess!)*

Made of the softest cotton muslin, **Aden + Anais** swaddle blankets are one of our **Top 10 Baby Gifts!**



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Milk matters

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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?

In the year 2014, 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

www.milkworks.org
(402) 423-6402 · Open daily
5930 South 58th
(in the Trade Center)

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

Lactation Consultations at MilkWorks

Not all mothers and babies have challenges when it comes to breastfeeding. But for those who do, MilkWorks has six board certified lactation consultants (IBCLCs) ready to help once you are home from the hospital.

The Affordable Care Act requires private insurance plans to cover breastfeeding assistance for new mothers as a women's preventive health service. This coverage should be 100% with no co-pay or deductible. Our lactation consultants are in-network with most insurance plans.

If you do not have insurance coverage, we are able to offer you a reduced out-of-pocket plan that covers breastfeeding help until your baby is feeding well. The lactation care at MilkWorks includes follow up appointments and phone calls, drop in weight checks, and our weekly mom's groups.

Please call (402) 423-6402 to schedule an appointment. Our goal is to see you the day you call, or within 24 hours.

Dr. Kathy Leeper, a pediatrician and breastfeeding medicine specialist, serves as a consultant to MilkWorks. She is a founder of MilkWorks and provides clinical services on a limited basis.



Dr. Leeper

At MilkWorks

Support for Moms in the Work Force

Mothers who return to work outside the home often benefit from extra support. MilkWorks offers several services that help you learn from the wisdom of other women.

Return to Work is a class designed for mothers who are planning to return to school or employment outside the home while breastfeeding. It is offered once a month and you may attend during pregnancy, or while home on maternity leave. This class is an opportunity to learn the "ins and outs" of pumping, storing milk, federal regulations related to the work site and working with your day care provider. This class is included in the fee for our **All About Breastfeeding** class. If taken alone, the fee is \$10.

Virtual support for moms is available via the **MilkWorks Return to Work Facebook page**. It is designed to provide support for moms who do not have co-workers who are also pumping and breastfeeding.

babyworks, the boutique at MilkWorks, carries a full line of accessories and pump parts for Medela breast pumps. You may also visit our **Parent Information Center** on line at www.milkworks.org for information on returning to work, and collecting and storing pumped milk.

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



Colleen and family

always on the go. She'll have an attitude for days, 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.

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.



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



Bravado Body Silk Seamless Nursing Bra



MilkWorks

Lincoln's largest supplier of quality breast pumps – with expert advice included in the price!

- hospital-grade breast pumps
- portable, double-electric pumps
- hand-held pumps for occasional use
- milk storage accessories
- Medela® Intimate Apparel

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