

Breastfeeding Basics

*****Breastfeeding Basics (Part 1)*****

Amy Deluca

Breastfeeding is such a wonderful experience for mom and baby. But for some new moms it can seem a bit overwhelming. We wanted to profile some moms just like you who have breastfed successfully so you can hear first-hand how they work this special time with their baby into their daily routine.

Jennifer

It makes me feel really good to know that I'm doing what's in her best interest. I love nothing better than to sit with her in her room and just nurse. It's just her and I in the world. It's so nice.

Molly

I love the bonding that I feel when I breastfeed. I chose to breastfeed because I really thought it was an important way to give him proper nutrition. It was something that took a lot of practice. I had a lot of help with the lactation consultants in the hospital. The breastfeeding support group was really important because there were a lot of first time mothers there and they were all kind of going through similar problems.

Amie

I like to breastfeed because I think it's a nice bonding experience. It's cuddle time and I know he's getting the nutrition that he needs. I struggled with breastfeeding in the very beginning. Samuel had a difficult time latching on but I was determined to stay with it. I wanted him to be a breastfed baby. It's a lot of technique and it's patience and perseverance. I had to really take my time. I found that I needed support so I asked some of my girlfriends who had breastfed. I got in touch with a lactation consultant. I got the support that I needed.

Katie

I decided to breastfeed Lucia because I think it's the most natural thing that you could do for your baby. I knew at the beginning there would be some challenges but I think with patience and just feeling relaxed it comes a lot easier. I learned to sit down, relax my shoulders and know that it wasn't a speed contest. Whenever she was ready I could feel her latching on and it just feels like a slight tug and then all of a sudden I feel the letdown and it feels like a surge of milk and a little tingly. And then I know she's getting the milk and she seems to suck a lot faster then. I love that it's our special time together and I can look into her eyes and I can stop for a moment and just appreciate what I have. I just love the way she looks at me and touches me when I'm breastfeeding.

Amy Deluca

These moms all have one thing in common, a love for breastfeeding and a belief that it was the right thing to do for their baby. They have a special connection and a bond that will last a lifetime.

*****Breastfeeding Basics (Part 2)*****

Amy Deluca

Now that you have established a breastfeeding schedule and your baby is getting all the wonderful nutrients your breast milk can give you should consider using a breast pump.

Kathy Moren

A breast pump is in effect just mimicking what a baby does. It provides the same stimulation to the breast, not as strong, but very similar to what a baby does. And in emptying the breast it signals the body to make more milk so it helps to maintain the mother's milk supply. A mother who is working might have to pump three times a day because that's the amount of times her baby would feed while she's away from her baby.

Amy Deluca

There are a number of different kinds of breast pumps you can use. Each has its benefits.

Beth Iovinelli

I think it is important to find the right pump for what your needs are. If a mom is going back to work she's going to want a pump that's fast and efficient and easy to use. If she's going to be at home and just occasionally pumping a manual pump may just suit her fine.

Kathy Moren

Here is a pump that is out on the market now that most closely mimics what a baby does when it's breastfeeding. I'm going to show you how to use it. You start by plugging the tubing into the pump. By putting it right in here, making sure it's nice and flush. Then you take the breast shield and the bottle and you screw them together making sure that it's nice and tight and there's no air leaks. Then you take the tubing and plug it into the back of the breast shield right here. At that point the mom would attach the breast shields to her breast and turn the pump on by dialing this right here. This pump has two phases to it. The first phase sucks slowly and rapidly in order to initiate the mother's letdown. And the second phase is slower and stronger in order to express the milk from the breast. The mother if she wants to can switch over to that second phase sooner rather than later. The pump automatically does it at 2 minutes. But the mother can press this button right here and switch over to that second phase sooner if she wants to.

Amy Deluca

After you finished breast pumping you now need to store the milk for use by your partner or caregiver. To prepare refrigerated or frozen breast milk simply put the container in warm water until the milk reaches room temperature.

Kathy Moren

Storing breast milk is pretty easy. Breast milk can be in the refrigerator for five days, in the freezer for three to six months. In a deep freezer it can even be kept for up to a year.

Carol

A little bit of an effort but I think it's worth it because – so my son can have a little bit of me when I'm not there with him.

Jennifer

Pumping is a very big commitment but it can be done with a little bit of time management. Once you get the hang of it, it's really easy.

Amy Deluca

So, try to make breast pumping a part of your daily routine. You'll find that it will give you greater flexibility and you'll still be sharing a part of you with your baby even when you can't be there.

*******Breastfeeding Basics (Part 3)*******

Amy Deluca

Breastfeeding is a natural process but your first few attempts to breastfeed may feel awkward at best. You might need to experiment with various positions until you and your baby feel comfortable.

Kathy Moren

I think the most important thing is that first of all the mother makes herself comfortable. It's very important to sit up straight in a chair, have your butt back and tucked in all the way so that your sitting all the way back and then get some pillows around you in the beginning so that you have some support for the baby.

When a baby is improperly positioned at the breast or not well supported, the mothers tend to get sore nipples. When your nursing your baby you want to make sure you are supporting two things; one of them is your breast and the other one is your baby. Keeping the weight of your breast off the baby's face and also holding your baby nice and snug so that they feel very safe and secure.

Amy Deluca

There are basically four different holds that mothers can use when they're breastfeeding starting with the cradle hold.

Kathy Moren

The cradle hold is when the mother holds the baby with one arm behind the baby's head and the other arm around the bottom of the baby supporting their legs and their bottom.

The football hold is when the mother holds a baby much like a football with the legs and bottom tucked at the elbow. That same arm has the hand behind the baby's neck and brings the baby to the breast.

The cross-cradle hold is when the mother uses the hand that is on the same side that she's nursing on to support the breast and the other hand supports the baby.

Side Lying is basically when the mom and baby lay down together tummy to tummy right next to each other, with the baby's nose pretty much lined right up with the mother's nipple.

Jennifer

I have experimented with different positions. The cradle hold really seemed to work the best.

Katie

I love the side lying position and we do that particularly at night. We both get comfortable and she loves it.

Amy Deluca

Learning proper positioning and understanding how to get a good latch is so important.

Kathy Moren

A good latch requires the baby to have a very nice wide-open mouth. It also requires the mother to have breast support so that she's guiding the baby towards the breast by usually tickling their mouth or their nose with her nipple so that they get a nice wide-open mouth and then bringing the baby on the breast.

Amy Deluca

So, remember proper positioning for you and your baby is the key to successful breast feeding. With a little practice and patience, you'll be well on your way to giving your baby the proven benefits of your breast milk.

*******Breastfeeding Basics (Part 4)*******

Amy Deluca

Breastfeeding is such a wonderful experience and provides your baby with important nutrients. But many moms will need to go back to work after childbirth and might be tempted to give up on breastfeeding. By using a breast pump you can still have the option of giving your baby all the benefits of your natural milk supply.

Erin Dugan

New moms can absolutely continue to breast feed when they return to work. They can breastfeed in the morning and in the evening and then they can pump while they're in the workplace.

It's a good idea to check in with your employer a few weeks before you go back to make sure that you have a space available to pump and appropriate breaks to pump during the day.

A mom needs to let the employer know that she really needs a place to pump that's safe and private and clean.

Amy Deluca

Jennifer works for a company committed to supporting working moms.

Gail Davis

For the mom's sake it's important to know that she can go back to the company where she left and continue to work to support the family and know that she's still providing the best by breastfeeding her child.

Jennifer

They had a breastfeeding friendly policy in place not to mention a room with an electric pump that I could use so I didn't had to lug mine from home and you know bring everything with me. So it made it a lot easier for me to come back to work.

Erin Dugan

The benefits to an employer to support a mom in pumping and returning to work are great. The mom feels very loyal to the employer. The mom comes back to work sooner often. She's less likely to leave the position because she knows her employer is supportive of her. And the employer has lower healthcare cost because the child is sick less often and the mom is also not missing work as often.

Amy Deluca

Quality childcare is another important issue for working moms. Finding someone that you trust, who provides a nurturing environment and who supports breastfeeding will help you return to work with piece of mind.

Erin Dugan

The milk that mom pumps while she is at work can be used by the caregiver whether that is a daycare center or a grandmother or whoever it is to feed the child while the mom is at work.

Kathy Moren

You're also going to need to pump a little bit while you are on maternity leave so you can start stock piling milk so that you have milk to feed your baby when you go back to work.

Amy Deluca

Carrie's husband David is one of the caregivers who feed the baby while she's at work.

Carrie

I was really concerned that she was going to miss me and it was going to be hard to take a bottle instead of me.

David

It's a great feeling being able to give the baby the bottle myself. It takes a lot of pressure off of Carrie. And it's very bonding for me as the father.

Amy Deluca

Leaving your baby at home and going back to work can be very stressful but with proper planning and using a breast pump you'll make the day a whole lot better for you and your baby.