



# Breastfeeding

## To DyDee Baby Parents,

In keeping with our commitment to the cleaner, greener and healthier way of diapering a baby, we have been working hard to deliver our newsletter in a more environmentally sustainable format. **The result: the debut of our first electronic newsletter! This was emailed to those of you that provided email addresses. If you want to get on that list, let our customer service agents know your email!**

**We heard you!** Several customers told us that they wanted more information regarding the breastfeeding article from the last newsletter. In this issue we've expand the content of breastfeeding information. For all of the links, go to <http://www.dydeebaby.com/Community-Newsletter.html>. We are also **on FACEBOOK now – look for DyDee-Baby!!!**

We love customer feedback, so please email us at [DyDeeBaby@gmail.com](mailto:DyDeeBaby@gmail.com) with your comments (you love/hate the new format) and/or suggestions for other topics you'd like us to cover in future issues.

## BREASTFEEDING

The decision whether to breastfeed or not is a highly personal one. For first time mothers, getting as much information and support as possible is essential. [101 Reasons to Breastfeed](#) by Leslie Burby is an excellent source of well-researched information on why breastfeeding is good for both your baby and you.

**According to La Leche League, "Breastfeeding is natural but not instinctive; mothers need to learn how to do it".**

La Leche League International <http://www.llli.org/> is the premier authority on breastfeeding benefits and the research that supports it. We found some interesting articles on their site. There are also some excellent videos at [www.breastfeeding.com](http://www.breastfeeding.com). Additional resources can be found through Doulas, Midwives, Lactation Consultants and your own doctor.

## The Basics of Breastfeeding



Look at breastfeeding as an *expression of your relationship with your baby*. We heard one parent calling it a dance (with a rhythm and pace) that needs to be learned with a new partner. How you hold the baby (or use pillows to assist you), touch their fingers or stroke their cheek, look into their eyes, and/or play music in the background can affect the experience right from the start. There are several [different nursing positions](#) on the LaLeche League website; experiment to find which ones work best for you and your baby. If you view nursing as a new skill or "doing it right", you will miss out on the calm and beautiful feelings that you and your baby can enjoy.

Start to breastfeed while your baby is still relatively calm. Learn to recognize your baby's feeding cues such as turning her head when you touch her cheek, smacking lips or putting her hands to her mouth. Your chest is a calming place for your baby because she can hear your soft voice and heartbeat. If you get yourself in a comfortable position and lay the baby in between your breast, she will start to try to find your nipple. Talk with her and make eye contact so she can sense you are there to comfort her. Don't be afraid to practice even when you know your baby's not hungry. Breastfeeding can often comfort babies when they are scared or tired.

Don't wait too long to feed your baby. When a baby is already screaming her tongue will not be in the right position to latch on. If your baby is already upset, and you offer a breast, but she turns away, you may need to soothe her by holding, swaying, rocking or walking prior to getting started. (*Gathered from [www.breastfeedingbasics.com](http://www.breastfeedingbasics.com)*).

**When the baby arrives**, moms often encounter real world issues as they try to implement what they've learned. It may not be as easy as you imagined, but don't give up because help is near!

[Breastfeeding La Leche League Help](#)

Join a support group near you: <http://www.llli.org/WebUS.html>

Accredited Lactation Consultants: <http://www.breastfeeding.com/directory/lcdirectory.html>

**Baby Poop Colors: Go to <http://www.mayoclinic.com/health/baby-poop/AN02044>**

## Pumping Your Breast Milk

### Common Reasons to Pump:

- Collect milk for when you are away.
- To allow your partner to feed the baby also.
- Relieve pain or pressure of engorged breasts.
- If your doctor instructs you to stop nursing due to medications you take that could be harmful to your baby or other medical reasons, you can pump ahead to have breast milk on hand.

### Consumers Search Best Breast Pumps <http://www.consumersearch.com/breast-pumps>

(Updated August 2010. Rated by comfort, speed and ease of use. Medela products and components are BPA and DEHP free throughout the entire system, making this an eco-friendly option.)

**Manual breast pump:** Medela Harmony estimated \$35. Best for occasional use.

#### Electric breast pumps:

1. Medela Swing, estimated cost \$135. Single pump that can be worn for mobile pumping (electric, or battery power).
2. Ameda Purely Yours, estimated cost \$160. Double pump, efficient and easy to clean. Can purchase shoulder bag or backpack.
3. Medela Pump In Style Advanced, estimated cost \$280. Double pump, best for those who need to pump several times a day. Includes case, cooler, four bottles and battery pack.

**Other options** - rent a hospital-grade pump from your hospital, lactation consultant or medical supply store for \$1- \$3 a day. Search for "hospital breast pump rental". You will still need to purchase a collection kit and bottles. These pumps are designed for multiple users and include safety features to prevent the milk from getting inside the pump.

#### What to look for:

- *Don't buy used or borrow breast pumps.* Consumer grade pumps are designed to be single user devices.
- *Go for adjustable suction features.* What is comfortable to one person may be painful to another.
- *Consider your individual needs* for time and convenience.
- *How work-friendly is it?* Ease of use, motor noise level, cleaning requirements, portability, and type of pump: single, double alternating and double simultaneous which cuts the time in half,.
- *Shop around online;* cost can vary by \$60.
- *Check the warranty.*
- ***If it hurts, something is wrong.***

For more information go to <http://www.consumerreports.org/cro/babies-kids/baby-toddler/breast-pumps/breast-pump-buying-advice/index.htm>

**Breast Milk Storage Tips from Mayo Clinic** <http://www.mayoclinic.com/health/breast-milk-storage/MY00926>

## Nutrition For Mom

**When you are breastfeeding, you have a higher need for some vitamins and minerals.** Following the USDA's MyPyramid Plan for Moms will meet most of these increased needs at

<http://www.mypyramid.gov/mypyramidmoms/index.html>. Their entry page for the Plan lets you select your level of breastfeeding to customize a plan for you. In addition they suggest:

**Choose foods that have the vitamins and minerals you need.** Choose these foods often to make sure you meet your nutrient needs while you breastfeed.

**Also make choices that are low in "extras."** Extras are added sugars and solid fats in foods like soft drinks, desserts, fried foods, cheese, whole milk, and fatty meats. Look for choices that are low-fat, fat-free, unsweetened, or with no-added-sugars. They have fewer "extras."

**While you are breastfeeding your need for fluids increases.** You may notice that you are thirstier than before. Drink enough water and other fluids to quench your thirst. A common suggestion is to drink a glass of water or other beverage every time you breastfeed. Some beverages, such as soft drinks and fruit drinks, contain added sugars. Limit your intake of these beverages.



Drinking a moderate amount (up to 2 to 3 cups a day) of coffee or other caffeinated beverages does not affect your baby. The Dietary Guidelines recommend that breastfeeding women not drink alcoholic beverages. Any alcohol that is in your bloodstream while you are breastfeeding can pass into breast milk.

**Vitamin and mineral supplements cannot replace a healthy diet.** In addition to eating a healthy diet, some breastfeeding women may need a multivitamin and mineral supplement. Talk with your health care provider about taking a supplement, and follow his or her advice. Be sure to tell your provider about any supplements you are already taking, to protect yourself against taking too much.

## WHAT IF I CHOOSE NOT TO BREASTFEED?

Parenting is an adventure during which we often make compromises. Often what is right for one family doesn't work for another. Regardless, there's no purpose in feeling guilty or sad about any decision you make, just stay focused on nurturing your baby and yourself. Share your feelings with those closest to you and do your best to make good nutritional choices for you and your baby. If anyone tries to guilt trip you about it just tell them "I've made the choice that is right for me and my baby and I'm satisfied with that" (or something similar)! Human Milk Bank Association of America at <http://www.hmbana.org/index/locations> offers a way for you to give your baby breast milk, as another option.

## STAYING AT HOME OR GOING BACK TO WORK

The decision on whether to return to work or not is very personal. Often economic reasons are the determining factor. Know that whatever decision you make; it is the right one for you and your family. Choosing to stay home or return to work both come with unique challenges.



**Staying home** changes your normal routine and often new mothers feel isolated. It is important to find a new rhythm in your life, while still maintaining a schedule. This can be tricky if you are breastfeeding. Continue to rise at a regular time, shower, dress and get ready for your day. Look into joining a group of stay at home moms where you and your child can socialize and get out of the house.

Adjusting to having a baby along for running errands and grocery shopping takes time and often need to be scheduled around nursing and nap time. Don't be shy about asking your partner to take over some of these tasks while you are getting into a new routine. It gets easier once the baby is on a regular schedule.

Make a list of projects you have been putting off and plan how to incorporate them into your day. Don't feel you need to get them all done at once; working on them a little at a time when the baby naps or when he is near you in the room allows you time to do things besides being a mother. This is just as important as your new role as a mom and you will have a sense of accomplishment at the end of the day.

Both stay at home moms and working moms will find that a new baby demands a lot of their time and attention, but it is important to make sure you plan time for YOU!!! As a new mother, it is way too easy to lose sight of ME time. This can be as simple as an hour in the evening when your partner takes the baby and you read or soak in the tub, or be an evening where you make plans to meet friends for dinner.

**Going back to work** when you have a newborn presents its own set of challenges: finding child care, getting your child to child care, working and maintaining a house hold, and taking care of yourself. [Tips For Using Cloth Diapers in Daycare](http://www.realdiaperassociation.org/daycare/Daycare-tip-sheet.pdf) can be found at <http://www.realdiaperassociation.org/daycare/Daycare-tip-sheet.pdf> and a [Directory of Cloth Friendly Daycares](http://daycare.realdiaperindustry.org/home) is available at <http://daycare.realdiaperindustry.org/home>. Below is a list of suggestions to help you get ready to return to work.

1. Plan to start back mid-week so that your first week will be a short week. This will reduce the stress for you and your baby.
2. See if you can work half days your first few days. This will allow you to get additional rest and work your way up to your normal schedule.
3. If you will continue to breastfeed, ask your employer about where you will be able to pump. You may need access to a sink to clean the pump parts. Most moms pump mid-morning, at lunch, and mid-afternoon and place the milk in a refrigerated container. Pumping even once a day will give you enough stimulation to maintain your supply.

4. Decide on a breast pump at least two weeks prior to returning to work. This allows time to learn how to pump and store your milk. Remember to drink and have **a healthy snack while you pump**. Plan ahead for the day's pumping sessions and pack what you need.
5. Decide what to eat for breakfast(s). Shop ahead so that you have things on hand that meet your time requirements to prepare. One of the simplest balanced meals is yogurt, fruit and granola mixed together. Remember, this is the most important meal of the day!
6. Make a practice run. The night before, pack up everything you need for you and the baby: work items, diaper bag, breast pump bag, lunch, etc. Rise at the time you normally would on a workday. Shower and dress. If you are nursing, set aside time to nurse prior to loading up the car. Get the baby and your things in the car. Leave at the time you think you should in order to drop the baby at childcare and drive to your childcare provider. Plan at least 15 minutes once you arrive at the childcare provider's location to drop your child off. This will give you an idea of what your new morning schedule will be like and you can do it without the pressure of being late your first day back!

## WHAT ABOUT DAD?

The baby is home, mom is breastfeeding and often tired, and Dad feels left out. When does he get to connect with the baby?

Fathers need to have their own ritual with the new baby. Try making bath time your time with the baby or story time every night. Even infants love to be read to and studies show that reading to your baby is one of the best ways to develop his vocabulary. Babies want to hear the sound of your voice and feel your touch, so the more one on one time you spend with your child, the greater the bond will be.



One father told us he sings to his son every night even though he is tone deaf and can't carry a tune! His son loves it and is soothed by it. Another dad told us that he is the one who takes the baby with when he runs errands. He straps the baby in a baby backpack and away they go to the grocery store, post office, etc.

Whatever time and activity you choose to make your special time with your child is the right one for you. The bond you create with your child will last a lifetime and will also allow Mom some alone time. Everyone Wins!

## WHAT CAN OTHERS DO TO HELP?

- Realize that most babies feed 8-12 times a day. This can make a new mom's day pretty intense, so lower your expectations for housework, the health of your baby is more important!
- When it's time to feed, help the mom get comfortable and be sure she has what she needs during nursing (i.e. glass of water, pillows, stool for feet)
- Help the mom get sleep, remind her to nap when the baby sleeps! Offer to do chores so that she can get the rest she needs. If pumped milk is available, offer to feed the baby when the mom needs a break.
- Run errands so that the mom can focus on the baby. Buy healthy snacks. Offer to cook a meal.
- Protect the mom's privacy by limiting visitors or acting as a buffer when others are present. Suggest that it may be better for her to go to the nursery for uninterrupted nursing time when the living area is congested with people. Be vocal with others that the mom needs her rest and privacy.
- Let the mom share her feelings and listen without trying to "fix" any issues. Make sure the mom knows that you are there for her and ask what you might do to help.

### Websites with good information:

**Le Leche League International** –breastfeeding information, advice, meeting locator.

### Recommended reading:

**Womanly Art of Breastfeeding** 8<sup>th</sup> Edition published by La Leche League Int'l (\$20)

**The Daily Green** (<http://www.thedailygreen.com/>) is an excellent resource for green ideas