

# breast & chest feeding it's worth it!

## Tips for Starting your Breastfed Baby in Child Care A TOOLKIT FOR FAMILIES

Returning to work or school after having a baby is often a big transition for families. By having a Breastfeeding Friendly Child Care provider, you know you and your baby will be supported.

Talk with your child care provider frequently about your baby, and share your needs and wants for your baby's care. Ask to complete a written feeding plan, and remember to review and update it regularly. Baby's needs change frequently, and this is normal.

The following pages provide some tips to help prepare you for starting your baby in child care.

*Remember, breasts make milk in response to milk being removed from the breast often. The more milk your baby and/or pump take, the more your body will make!*



### Before Returning to Work or School

- Practice pumping milk at least 2 weeks before starting child care. Pump after the morning feeding or at other times when your breasts feel fuller.
- Pumping takes practice. Do not be surprised or worried if you only get a little the first few times. Typically, a person produces between ½ to 1 ounce of breast milk each hour.
- Consider using breast massage techniques to improve your pumping sessions. For information and videos visit: <https://breastfeedingusa.org/to-pump-more-milk-use-hands-on-pumping/>
- Ask a lactation consultant, WIC nutrition staff, or healthcare provider for advice or tips on pumping and keeping an adequate milk supply.
- When away from your baby, pump as often as your baby would usually nurse (or at least every 3-4 hours) to maintain your supply.



**WIC is a nutrition program that provides free healthy food, breastfeeding support, and other services to Connecticut families who qualify.**

**WIC is for pregnant or breastfeeding women and children younger than 5 years old. If you get TANF, SNAP, or Medicaid, you are automatically eligible for WIC.**

**To find a local WIC clinic visit: <https://portal.ct.gov/dph/wic/find-a-local-agency>**

## Preparing Your Baby for a Bottle

Many breastfed babies may not be willing to eat from a bottle at first. Try to give your baby a bottle regularly for at least 2 weeks before your baby begins child care. Some tips to try:

- Have someone else feed your baby from a bottle. Some babies associate the breastfeeding parent with the pleasure of nursing. Your baby may be more willing to take a bottle if you are not in the room.
- Offer a bottle when your baby is relaxed and not quite ready for a feeding. Do not offer a bottle when your baby is very hungry or upset.
- Only put a small amount of breast milk (1 to 3 ounces) in the bottle to avoid wasting milk if your baby refuses.
- Try warming the bottle's nipple under warm running water to bring it to near body temperature.
- Do not force the bottle into your baby's mouth. Tickle your baby's mouth gently with the bottle nipple and let your baby draw the nipple into their mouth.
- No matter the age of your baby, use slow flow or newborn (size 0) bottle nipples to better copy the flow of milk from human nipples.
- Offer a bottle in different feeding positions, especially those different from your usual nursing positions. Try giving a bottle while moving rhythmically – walking, rocking, or swaying.
- If your baby refuses, try again later. Try different bottle nipple types and shapes to find one your baby likes. Try different temperatures of the breast milk.

## Practice Paced Bottle Feeding

- Let baby control the feeding pace – allow baby to take breaks when needed. Babies often take 10-20 minutes or even longer to breastfeed and take natural pauses.
- Encourage pauses often – listen to baby and if baby does not take breaks, lower the bottle after a few sucks and wait for baby to begin sucking again before tilting the bottle back up.

- Watch paced bottle feeding videos: <https://www.itsworthitct.org/for-parents/back-to-work-or-school#paced-bottle-feeding>.
- Watch for fullness cues. If baby is giving cues of being done, even if baby has not finished all the milk in the bottle, do not try and continue to feed. You can watch an example of infant fullness cues at <https://www.youtube.com/watch?v=1ALUXZf8q3o>.

## Growth Spurts

Most babies' appetites get bigger around the same time they grow. Every baby is different, but typical growth spurts often occur at:

2 to 3 weeks

4 to 6 weeks

3 months

4 months

6 months

9 months

During growth spurts, your baby's schedule may change and they may eat and sleep more than usual. Babies need more food as they grow and you may not have enough milk at first.

Nurse and pump more often during these spurts and your milk supply will likely get larger in response within 3 to 4 days. Giving formula during a growth spurt will send a message to your body not to make more milk and will not help breastfeeding.

***Continue to breastfeed directly at the breast whenever you are with your baby. Direct breastfeeding may provide additional health benefits for your baby and will help maintain your milk supply.***

## How Much Breast Milk Should I Give My Child Care Provider?

Exclusively breastfed babies between 1 and 6 months old eat an average of 25 ounces of breast milk each day.

However, every baby is different and eats different amounts. The calories in breast milk can be higher than formula, so it is important not to compare ounces per day of breast milk versus ounces per day a formula a baby may take.

To estimate the amount of breast milk your child care provider may need each day:

- Estimate the number of times your baby usually nurses each day (in 24 hours).
- Divide 25 ounces by the number of nursings or feedings.

Example: If your baby usually nurses around 8 times a day, you can guess your baby may need around 3 ounces of breast milk at each feeding ( $25 \div 8 = 3.1$ ). Babies younger than 1 month old and babies older than 6 months who eat more solid foods may eat less breast milk.

## The Older Baby

Medical experts agree it is best to wait until your baby is around 6 months old before offering any food other than human milk. This includes not adding cereal to bottles.

Offering cereal or formula does not help a baby sleep through the night. Research shows starting solid foods early can cause allergies to develop, lower your milk production, and may lead to early weaning.

Cow's milk should not be given to babies under 1 year of age because it is difficult to digest and is hard on a baby's organs.

Current recommendations are to breastfeed until your child is 2 years old. There are many health benefits for both you and your baby with extended breastfeeding.

## Nursing Strikes

A nursing strike is when a breastfed baby suddenly refuses the breast. This is normal for some babies.

During a nursing strike a baby may cry, arch, pull away from the breast, and will usually accept bottles with no problem.

A nursing strike can cause a decrease in your milk supply, so it is important for you to continue to offer your breasts to your baby often and pump to maintain your milk supply.

Try nursing when your baby is calm and not upset. Increase your skin to skin contact with your baby. Some moms find breastfeeding in the dark when baby is sleepy to be helpful. Consider contacting a lactation consultant for support. See page 5 (37) for contact information.

## Reverse Cycling

Reverse cycling is when a baby nurses frequently at night and eats less often during the day.

This may occur with babies just starting out on a bottle. Give your provider small amounts of milk per bottle so there is less waste. Be patient and this phase will pass.

For tips on how to handle reverse cycling, see <http://kellymom.com/bf/normal/reverse-cycling/>.



## Laws Support Breastfeeding

### Breastfeeding in the Workplace

Connecticut and US laws require all employers to:

- Provide a reasonable amount of time each day to an employee who needs to express breast milk for their infant child and to provide accommodations where an employee can express milk in private.
- Not discriminate against, discipline, or take any adverse action against any employee because such employee has elected to exercise their lawful rights.

For more details visit:

- <https://www.dol.gov/agencies/whd/pump-at-work>
- <http://www.breastfeedingct.org/laws.html>

### Breastfeeding in Places of Public Accommodation

Connecticut law states that:

- You have the right to breastfeed your child in any public place that you are allowed to be.

### Breastfeeding and Jury Duty

- A person who is breastfeeding a child is eligible for no more than 12-month postponements of jury service.
- If you choose to serve and would like to request an accommodation, such as a private room to express milk, please contact Jury Administration at 1-800-842-8175 and speak with a service representative.

For more information about the laws, visit

<http://www.breastfeedingct.org/laws.html>.

Connecticut Paid Leave may also support nursing families. Learn more about Paid Leave: [https://](https://www.ctpaidleave.org)

[www.ctpaidleave.org](https://www.ctpaidleave.org)

## Storing Breast Milk

- Store your breast milk in small amounts (1 to 3 ounces). Your baby may not eat a large amount at one feeding and your milk is too valuable to waste!
  - Consider freezing milk in ice cube trays and storing the cubes in breast milk storage bags for ease of thawing later.
- Only store breast milk in clean glass or BPA-free plastic bottles with tight fitting lids and

storage bags approved for breast milk. Do not use ordinary plastic storage bags. They are not meant for breast milk storage and could easily leak or spill.

- Always label bottles and storage containers with your child's name and the date.
- Store milk toward the back of the refrigerator or freezer, where the temperature is more constant. Avoid storing in the door.
- Be sure to keep breast milk cold during transport to your child care provider. When using insulated coolers, keep ice packs in contact with milk containers at all times and limit how often the cooler bag is opened.
- Once frozen milk has begun to thaw, it cannot be refrozen. Thawed breast milk must be used within 24 hours.
- According to Connecticut child care regulations, any portion of human milk left in the bottle after your child is finished eating must be thrown away within 2 hours of the feeding. Harmful bacteria can grow making the milk unsafe. Unused milk, not fed to your baby can be returned to you.
- Breast milk or formula mix-up: If your baby is fed another baby's milk or formula, your child care provider should call to let you know. The CDC states, "Few illnesses are transmitted via breast milk."

<https://www.cdc.gov/breastfeeding/php/guidelines-recommendations/other-mothers-milk.html>

***NEVER microwave breast milk or formula. The microwave can destroy some important nutrients and can cause dangerous "hot spots" that can burn a child's mouth.***

***Breast milk is a food. Gloves are NOT required.***



# Resources

Resource Name:	Website/ Contact Information:	Learn About:
Baby-Friendly Hospitals	<a href="http://www.babyfriendlyusa.org">www.babyfriendlyusa.org</a>	Hospital breastfeeding support. Many local hospitals in CT offer their own resources for breastfeeding support groups, education, and community provider referrals.
It's Worth It	<a href="http://www.itsworthitct.org">www.itsworthitct.org</a>	Support, resources, tips, and information.
Breast Pumps	<a href="http://www.fda.gov">www.fda.gov</a>	General information about breast pumps – search “breast pumps” in the search box.
Breastfeeding USA	<a href="https://breastfeedingusa.org/">https://breastfeedingusa.org/</a>	Counselors available through monthly in-person group meetings throughout the state, an active Facebook chat, and by phone or email.
Caring for Our Children	<a href="https://nrckids.org/CFOC">https://nrckids.org/CFOC</a>	Additional recommendations for preparing, feeding, and storing human milk, techniques for bottle feeding, and policy guidance.
Centers for Disease Control and Prevention (CDC)	<a href="http://www.cdc.gov/breastfeeding">www.cdc.gov/breastfeeding</a>	Information on breastfeeding, including national recommendations, breast milk handling and storage, and more.
Connecticut Breast-feeding Coalition (CBC)	<a href="https://www.breastfeedingct.org/">https://www.breastfeedingct.org/</a>	Resources and materials for families and employers.
Connecticut WIC	<a href="https://portal.ct.gov/dph/wic/wic">https://portal.ct.gov/dph/wic/wic</a>	Find your local WIC clinic for breastfeeding support, education, breast pumps, healthy foods, nutrition education, and more.
Healthy Children	<a href="http://www.healthychildren.org">www.healthychildren.org</a>	Find reputable information on a variety of parent topics from a website powered by the American Academy of Pediatrics.
Lactation Education Resources	<a href="https://www.lactationtraining.com/">https://www.lactationtraining.com/</a>	Downloadable handouts for parents in multiple languages.
La Leche League	<a href="http://www.lllct.org">www.lllct.org</a> Phone: 860-563-662 Email: help@lllct.org	Monthly in-person group support meetings throughout the state, virtual monthly Facebook meetings, non-emergency phone helpline, and online resources. Assistance available in Spanish.
MyPlate Healthy Eating Guide	<a href="https://www.myplate.gov/">https://www.myplate.gov/</a>	Learn how to eat healthy with MyPlate, the official symbol of the five food groups.
Office on Woman's Health	<a href="http://www.womenshealth.gov/breastfeeding">www.womenshealth.gov/breastfeeding</a>	Great resource for general breastfeeding information for families and employers.
	<a href="http://www.womenshealth.gov/its-only-natural">www.womenshealth.gov/its-only-natural</a>	Breastfeeding resources specific for African American families.
	<a href="http://www.womenshealth.gov/supporting-nursing-moms-work">www.womenshealth.gov/supporting-nursing-moms-work</a>	Lactation support resources for employers and employees.
Perinatal Care Management	1(800) 859-9889, dial extension 2025 <a href="http://www.huskyhealthct.org/members/members_healthybeginnings.html">www.huskyhealthct.org/members/members_healthybeginnings.html</a>	Free program for HUSKY members. This program helps make appointments and provides transportation. Services also include assistance with housing, WIC, breast pumps, and baby supplies.
Private insurance coverage	<a href="http://www.healthcare.gov/coverage/breast-feeding-benefits">www.healthcare.gov/coverage/breast-feeding-benefits</a>	Information on health insurance coverage of breastfeeding equipment and counseling.
Ready Set Baby!	<a href="http://www.readysetbabyonline.com">www.readysetbabyonline.com</a>	A guide to welcoming your new family member.
WIC Breastfeeding Support	<a href="https://wicbreastfeeding.fns.usda.gov">https://wicbreastfeeding.fns.usda.gov</a>	Resources and information for parents at all stages of breastfeeding.
ZipMilk	<a href="http://www.zipmilk.org">www.zipmilk.org</a>	Find lactation specialists near you.

# breast & chest feeding it's worth it!

**WORK OR SCHOOL** – Plan for your breastfeeding success and talk about your pumping needs\*

**Knowledge + Support + Confidence = Success**

## Before Baby

- Talk to human resources, supervisor, or student services about your pumping plans.
- If your job or school has a lactation room, visit the area and ask how to use it.
- Find out how to get a pump (insurance or buy your own).
- Talk to different child care providers before making a choice.

## What to Pack

Be sure to wash/clean hands prior to pumping. It is recommended to clean pump parts after each use. Sanitize once a day.

### Need to have:

- Breast pump
- Milk storage bags/bottles
- Pen to label pumped milk or labels for milk containers
- Ice packs and insulated bag<sup>1</sup>
- Soap to clean breast pump (you can always use breast pump wipes or microwaveable breast pump bags)

### Nice to have:

- Healthy snack & water
- An extra set of breast pads, if you use them
- Spare pump parts or batteries in case of power outage

<sup>1</sup>Check if there is a refrigerator you can use.

## Before You Go Back

- Set up a pumping schedule with supervisor or teachers.
- Offer a bottle once or twice a day a few weeks before you return to work or school.
- Talk with your child care providers about feeding your pumped milk to your baby.
  - **To defrost milk:** Thaw in fridge or place under cool running water.
  - **To warm up milk:** Place bag or bottle in a bowl with warm tap water or hold bag or bottle under cool running water, raising temperature slowly.

## Resources



For resources to support your return to work or school, visit: [www.itsworthitct.org/for-parents/back-to-work-or-school](http://www.itsworthitct.org/for-parents/back-to-work-or-school)



Your rights & the law: [www.breastfeedingct.org/laws](http://www.breastfeedingct.org/laws)



Find lactation professionals near you, if you need one! [www.zipmilk.org](http://www.zipmilk.org)



What to ask child care providers: <https://www.breastmilkcounts.com/back-to-work/child-care-facility-support/>



Tips to maintain your milk supply: <https://wicbreastfeeding.fns.usda.gov/low-milk-supply>



How to hand express milk: [www.readysetbabyonline.com/the-first-hours/hand-expression/](http://www.readysetbabyonline.com/the-first-hours/hand-expression/)

**List 2 people that will support my breastfeeding goals:**

---



---

## Human Milk Storage Guidelines\*

	Countertop or Table	Refrigerator	Freezer with Separate Door	Deep Freezer
<b>Storage Temperatures</b>	Up to 77°F (25°C)	At or below 40°F (5°C)	At or below 0°F (-18°C)	At or below -4°F (-20°C)
<b>Freshly Pumped/Expressed Human Milk</b>	Up to 4 hours	Up to 4 days	Up to 6 months	Up to 12 months
<b>Thawed Human Milk</b>	1-2 hours	Up to 1 day (24 hours)	Never refreeze thawed human milk	
<b>Leftover from a feeding (baby did not finish the bottle)</b>	Use within 2 hours after the baby is finished feeding			

\*Storage times and temperatures may vary for premature babies. If you are pumping for medical reasons, talk to your health care provider for more information.



Produced in part with funds from the Centers for Disease Control and Prevention (CDC) through Cooperative Agreement DP 13-1305. The views expressed do not necessarily reflect the official policies of the CDC.