

# Perinatal Outreach Breastfeeding Newsletter

ISSUE 11

November 2020

## Breast Pump Education

By Kara Kaikini

Breast pumps have become a significant part of the breastfeeding experience for mothers. When asked in a recent survey of Maine mothers “What do you wish you had learned more about breastfeeding when you were pregnant?”, the most common response was “**When and how to pump**”. When asked “If you could recommend providers do one thing when teaching new or expectant families about breastfeeding, what would it be?”, several responses encouraged more pump education:

- “There is a lot of focus on actual breastfeeding. There should be more info surrounding pumping and what happens when breastfeeding may not work.”
- “I didn't have any clue what pumping was like or how often to do it when I returned to work, how I was supposed to store breastmilk and how much was normal to pump and feed my baby.”
- “Know how to teach a new mom how to use a breast pump correctly. I was initially taught incorrectly and got blood blisters.”
- “Provide examples on how a day would go for a breastfeeding mom in different scenarios: when milk first comes in how to handle it – only pump to relieve engorgement but not to empty breast ... Explain pump parts and different flanges size, how moms pump efficiently when returning to work without using up too much time but still emptying breast...”

This newsletter includes resources for you to learn more about breast pumps and for you to pass on to the patients and families you work with.

- ✓ Information about Medela’s Initiate-Build-Maintain program, and flange fit size
- ✓ CDC’s Breast Milk Collection and Storage Guidelines
- ✓ Free recorded webinar from Acelleron about different breast pumps
- ✓ Continuing Education opportunities and Lactation textbook resources

Stay tuned for current research, recommendations, and a provider pearl about **hand expression** (including prenatal colostrum collection) in the next newsletter!



As always, please contact me anytime with any questions,

~Kara Kaikini, MS, IBCLC

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# BREAST PUMP & MILK STORAGE EDUCATION

Do your patients/clients use **Medela's initiate, build, and maintain** pump program? This is a helpful resource to best understand how it is most effectively used. Be sure your patients understand this technology before they go home from the hospital. Other information about the program, including videos and infographics can be found here: <https://www.medela.us/mbus/initiate-build-maintain>.

## Supporting Breastfeeding

# From Hospital to Home™

The Right Technology<sup>®</sup>

	Which Journey?		
Which Stage?	Breast Milk Feeding Going Well	Unique Situations	Exclusively Pumping
<p><b>Initiate.</b></p> <p><b>Breast Milk Production</b> Days 1-5</p> <p>Initiating milk production is vitally important for building and maintaining a plentiful supply.</p> <p>Initiation Technology (used only on days one through five) closely mimics the pattern that term infants use in the first few days after birth. By day seven, mothers achieved 67% more milk.<sup>1</sup></p>	<ul style="list-style-type: none"> <li>• Mother has no problems with initiation</li> <li>• Infant goes to breast within one hour after birth</li> <li>• Baby feeds eight to 12 times in 24 hours</li> </ul>	<ul style="list-style-type: none"> <li>• Mother or baby has breastfeeding challenges</li> <li>• Mother needs help initiating milk supply</li> </ul>	<ul style="list-style-type: none"> <li>• Mother and baby are separated due to health issues</li> <li>• Infant is unable to breastfeed</li> <li>• Pumping is mom's primary goal</li> <li>• Pumping is mom's current goal</li> </ul>
<p><b>Build.</b></p> <p><b>Breast Milk Supply</b> Days 6-30</p> <p>Once milk is initiated, mothers can build upon their initiation and establish their milk production using Medela's 2-Phase Expression<sup>®</sup> technology.</p>	<p>If mother and baby are separated during this time, the use of a personal use pump can help build supply. Mother and baby adjust to their breastfeeding relationship.</p>	<p>Use of a Symphony breast pump can help build milk supply. The baby becomes more effective at breastfeeding over the first month helping to build milk supply. Continued pumping using a Symphony breast pump with 2-Phase Expression technology can help mothers achieve the full benefit of starting with Initiation Technology.</p>	<p>Use of a Symphony breast pump can help build milk supply. After initiation occurs, the breast pump dependent mother should continue pumping eight or more times daily to build her milk supply with a Symphony breast pump.</p>
<p><b>Maintain.</b></p> <p><b>Breast Milk Production</b> Months 2-12+</p> <p>Mothers can maintain their milk supply to meet their baby's needs. Daily milk intake remains consistent from months two through six.<sup>2</sup></p>	<p>Use of a personal use pump can help maintain supply, especially when mother goes back to work. Supply is established and meeting the needs of the baby. Provide breast milk and maintain production even when she can't be there.</p>	<p>Use of a personal use pump can help maintain supply, especially when mother goes back to work. Supply is established and meeting the needs of the baby. Provide breast milk and maintain production even when she can't be there.</p>	<p>Use of a Symphony breast pump can help maintain milk supply. Supply is established through continuity of care for this critical population and meeting the needs of the baby. Using a Symphony breast pump with 2-Phase Expression technology can help mother continue to provide breast milk and maintain production even when she can't be there.</p>

**Key**

- Breastfeeding**  
Breastfeeding is best for baby and mother when possible.
- Hospital Grade (Multi-User) Pump**  
Symphony® PLUS™ with Initiation Technology<sup>®</sup>
- Personal Use Pumps**  
Sonata® Pump or Style® Advanced (not pictured) or Freestyle<sup>®</sup> (not pictured)
- 2-Phase Expression<sup>®</sup> Technology**  
2-Phase Expression technology is a breast pump suction pattern designed to mimic a baby's natural nursing rhythm. The Stimulation Phase is a quick and light suction pattern to stimulate milk flow. The Expression phase is a slower, deeper suction pattern to bring out more milk faster.
- Initiation Technology<sup>™</sup>**  
Supports mothers with clinically researched breast pump technology to successfully initiate, build and maintain their milk supply. It also helps pump-dependent mothers of preterm and term infants express enough milk to support an exclusive human milk diet for their infant.

**Indicators that breast milk feeding is going well**

<ul style="list-style-type: none"> <li>✓ Baby has three or more yellow stools in 24 hours after day four<sup>3</sup></li> <li>✓ Three consecutive pumping sessions, achieving 20 mL each<sup>4</sup></li> </ul>	<ul style="list-style-type: none"> <li>✓ Baby has regained birth weight by days 10-14 at the latest<sup>5</sup></li> <li>✓ Typically mothers produce an average of 750 mL by day 14<sup>6</sup></li> </ul>	<ul style="list-style-type: none"> <li>✓ At the end of the first year, half of baby's calories come from breast milk<sup>7</sup></li> <li>✓ Baby consistently gains weight according to WHO breastfeeding growth charts<sup>8</sup></li> </ul>
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The American Academy of Pediatrics (AAP) and the World Health Organization (WHO) recommend breastfeeding mothers be taught hand expression.

For more information or to order Medela hospital grade (multi-user) and personal use pumps, please visit [medelabreastfeeding.us.com](http://medelabreastfeeding.us.com) or call 800-436-8316.

- Misner PS, Ergsten J, Jones J, Jager BJ, & Lown J, et al. Breast pump suction patterns that mimic the human infant during breastfeeding: greater milk output in less time spent pumping for breast pump-dependent mothers with premature infants. *J Perinatol* 30, 100-110 (2010).
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# CDC Breast Milk Storage and Preparation Guidelines:

[https://www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm)

ACCESSIBLE VERSION: <https://bit.ly/2dxVYLU>

## STORAGE AND PREPARATION OF BREAST MILK

**BEFORE EXPRESSING/PUMPING MILK**

- Wash your hands well with soap and water.**
- Inspect the pump kit and tubing to make sure it is clean.** Replace moldy tubing immediately.
- Clean pump dials and countertop.**

**STORING EXPRESSED MILK**

- Use breast milk storage bags or clean food-grade containers with tight fitting lids.
- Avoid plastics containing bisphenol A (BPA)** (recycle symbol #7).

### STORE

Label milk with the date it was expressed and the child's name if delivering to childcare.

Store milk in the back of the freezer or refrigerator, not the door.

Freeze milk in **small amounts of 2 to 4 ounces** to avoid wasting any.

When freezing leave an inch of space at the top of the container; breast milk expands as it freezes.

Milk can be stored in an insulated cooler bag with frozen ice packs for **up to 24 hours** when you are traveling.

If you don't plan to use freshly expressed milk **within 4 days**, freeze it right away.

### THAW

**Always thaw the oldest milk first.**

Thaw milk under lukewarm running water, in a container of lukewarm water, or overnight in the refrigerator.

Never thaw or heat milk in a microwave. Microwaving destroys nutrients and creates hot spots, which can burn a baby's mouth.

Use milk **within 24 hours** of thawing in the refrigerator (from the time it is completely thawed, not from the time when you took it out of the freezer).

Use thawed milk **within 2 hours** of bringing to room temperature or warming.

**Never refreeze thawed milk.**

### FEED

Milk can be **served cold, room temperature, or warm.**

To heat milk, place the sealed container into a bowl of warm water or hold under warm running water.

**Do not heat** milk directly on the stove or in the microwave.

Test the temperature before feeding it to your baby by putting a few drops on your wrist. It should feel warm, **not hot.**

Swirl the milk to mix the fat, which may have separated.

If your baby did not finish the bottle, leftover milk should be used **within 2 hours.**

### CLEAN

Wash disassembled pump and feeding parts in a clean basin with soap and water. **Do not wash directly** in the sink because the germs in the sink could contaminate items.

Rinse thoroughly under running water. Air-dry items on a clean dishtowel or paper towel.

Using clean hands, store dry items in a clean, protected area.

**For extra germ removal, sanitize feeding items daily using one of these methods:**

- clean in the dishwasher using hot water and heated drying cycle (or *sanitize setting*).
- boil in water for 5 minutes (after cleaning).
- steam in a microwave or plug-in steam system according to the manufacturer's directions (after cleaning).

June 2019

Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion

FOR MORE INFORMATION, VISIT:  
<https://bit.ly/2dxVYLU>

### HUMAN MILK STORAGE GUIDELINES

TYPE OF BREAST MILK	STORAGE LOCATIONS AND TEMPERATURES		
	Countertop 77°F (25°C) or colder <i>(room temperature)</i>	Refrigerator 40 °F (4°C)	Freezer 0 °F (-18°C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best Up to 12 months is acceptable
Thawed, Previously Frozen	1–2 Hours	Up to 1 Day <i>(24 hours)</i>	<b>NEVER</b> refreeze human milk after it has been thawed
Leftover from a Feeding <i>(baby did not finish the bottle)</i>	Use within 2 hours after the baby is finished feeding		

# Human Milk Storage Guidelines

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These guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your health care provider.

Find more breastfeeding resources at: [WICBreastfeeding.fns.usda.gov](http://WICBreastfeeding.fns.usda.gov)  
[www.cdc.gov/breastfeeding/](http://www.cdc.gov/breastfeeding/)



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## Free Recorded Webinar: [Acelleron](https://www.acelleron.com) “All About Breast Pumps”

Most people start thinking about pumps at the end of their pregnancy. During this time, there are so many other choices and decisions to make that choosing a pump can feel overwhelming. The truth is, finding the right pump for you has a lot to do with personal choice and lifestyle. Will you be mostly at home? Do you need the pump at work? Do you want extra parts included? Is a quieter pump important to you? After learning about the anatomy of a pump and the different types, the next step is to learn the pros and cons of each brand. This webinar will walk you through all of these things so you can be well informed to make your pump choice.

<http://www.mainebreastfeeds.org/world-breastfeeding-week>



## Proper Fit for Breast Pump Shields

Breast pump shields do not come in One Size Fits All! This is essential knowledge to have when supporting mothers who are pumping. Here are some excellent resources and <3 minute video about breast pump shield size (no matter which brand is used): <https://www.medela.us/breastfeeding/articles/breast-shield-sizing-how-to-get-the-best-fit> or <https://www.ameda.com/milk-101-article/yes-size-matters-how-flange-size-can-make-or-break-pumping/>





## **Breastfeeding Grand Rounds (BFGR):** <https://www.albany.edu/cphce/bfgr.shtml>

Annual webcast sponsored by the University at Albany School of Public Health Center for Public Health Continuing Education, in partnership with the New York State Department of Health Women, Infants and Children (WIC) Program. BFGR webcasts feature clinical experts paired with public health experts to provide education on current breastfeeding health issues with both clinical and public health significance.

FREE! CEUs available

### **Online Trainings on Breastfeeding Topics**

- **[Supporting and Promoting Breastfeeding in Health Care Settings \(4 Parts\)](#)**
  - [Module 1: Prenatal Care](#)
  - [Module 2: Hospital Care, Part 1](#)
  - [Module 3: Hospital Care, Part 2](#)
  - [Module 4: Postpartum/Postnatal Care](#)
- **[Optimizing Support for Breastfeeding as Part of Obstetric Practice](#)**
- **Using "Baby Behavior" to Support Informed Early Infant Feeding Decisions**
  - [Part 1: Overview](#)
  - [Part 2: Research Based Counseling Techniques](#)
- **Making it Work: Improving Worksite Support for Breastfeeding Mothers**
  - [Part 1: Assisting & Empowering New Mothers](#)
  - [Part 2: Engaging and Assisting Employers](#)



**IABLE**

Institute for the Advancement  
of Breastfeeding &  
Lactation Education

**8 Hour Introduction to Breastfeeding Medicine Webinar for Med Students,  
Residents and Anyone Else Who Needs Breastfeeding Medicine Education**

**Saturdays, January 9 and 16th, 2021**

**Student/Resident/Fellow - \$15.00**

**Others: \$45.00**

IBLCE's 8-hour basic breastfeeding course instructs physicians, other providers, and those in training on prenatal breastfeeding education, intrapartum and early postpartum support, and differential diagnosis and management of the most common breastfeeding problems encountered by primary care providers. These problems include evaluation and management of low milk supply, breast/nipple pain, the use of medications during breastfeeding including contraception, complications in the early postpartum period, and breast pump counseling. We hope you can join us!

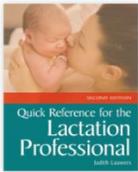
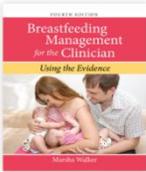
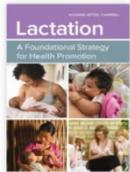
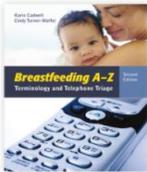
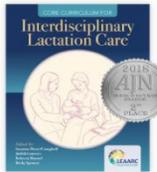
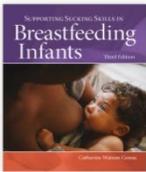
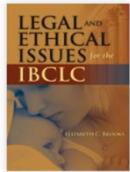
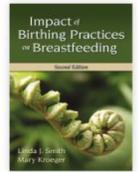
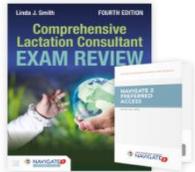
Register now for a seat or for the recording!

[Info/Registration Here](#)

## Lactation Textbooks & Resources

<https://www.jblearning.com/nursing-medicine/nursing/lactation-breastfeeding>

21 PRODUCTS Sort by: Price low to high

 <p>100 Questions &amp; Answers About Breastfeeding First Edition</p> <p><b>\$19.95</b></p> <p>Buy Now</p>	 <p>Quick Reference for the Lactation Professional Second Edition</p> <p><b>\$60.95</b></p> <p>Buy Now</p>	 <p>Pocket Guide for Lactation Management Third Edition</p> <p><b>\$61.95</b></p> <p>Buy Now</p>	 <p>Breastfeeding Management for the Clinician Fourth Edition</p> <p><b>\$79.95</b></p> <p>Buy Now</p>
 <p>Lactation: A Foundational Strategy for Health Promotion First Edition</p> <p><b>\$79.95</b></p> <p>Buy Now</p>	 <p>Breastfeeding A-Z: Terminology and Triphasic Triage Second Edition</p> <p><b>\$99.95</b></p> <p>Buy Now</p>	 <p>Core Curriculum for Interdisciplinary Lactation Care First Edition</p> <p><b>\$100.95</b></p> <p>Buy Now</p>	 <p>Supporting Sucking Skills in Breastfeeding Infants Third Edition</p> <p><b>\$101.95</b></p> <p>Buy Now</p>
 <p>Legal and Ethical Issues for the IBCLC First Edition</p> <p><b>\$101.95</b></p> <p>Buy Now</p>	 <p>Impact of Birthing Practices on Breastfeeding Second Edition</p> <p><b>\$101.95</b></p> <p>Buy Now</p>	 <p>Comprehensive Lactation Consultant Exam Review Fourth Edition</p> <p><b>\$101.95</b></p> <p>Buy Now</p>	 <p>Breastfeeding and Human Lactation Fifth Edition</p> <p><b>\$101.95</b></p> <p>Buy Now</p>

# COMING UP: Prenatal Breastfeeding Education Webinar



## Perinatal Outreach Presents 2021 Webinar Series

**Prenatal Breastfeeding Education**  
1<sup>st</sup> Wednesday of every odd month

**January 6<sup>th</sup>, 2020 12:00-1:00pm**  
Conversational Approaches and  
Essential Topics

### Learning Outcomes:

1. Describe the evidence showing the impact of prenatal education on breastfeeding rates
2. Educate others on three breastfeeding-related topics (ie. pumping, marijuana use, milk supply)
3. Differentiate between ineffective and effective education techniques
4. Identify additional breastfeeding education resources for patients and providers

**Presenter:** Kara Kaikini, MS, IBCLC

[Click here to register](#)



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1.0 Contact Hours



If you have any questions, requests for specific education, or something you'd like to include in a future newsletter, please contact us!

Also, if you received this email from a colleague and would like to be added to the distribution list, please contact Kara.

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