

Long term expressing or pumping

If breastfeeding is not an option, do you suggest breast milk feeding?

Breastfeeding, a baby nursing at a lactating breast, is the best way to nourish and nurture babies. The close contact of baby and mother effects the immune process and the hormonal situation of both baby and mother, the baby's development of control of feeding with long term effects on satiety control and weight, baby's oral development and the psychological relationship.

Sometimes breastfeeding does not happen for a variety of reasons: health problems of the baby or prematurity, maternal illness, separation, unsolvable breastfeeding issues, or the mother's decision not to feed at the breast at all.

Artificial milk is not the only option. Mother's own expressed or pumped milk is the next best to feeding at the breast.

Know how to be a support or find out who to refer a mother to.

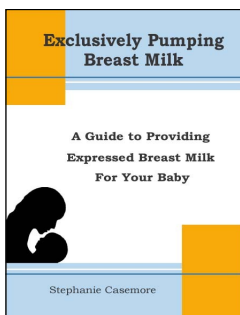
What support does the exclusively expressing or pumping mother need from you?

Support is much more than telling the mother where to get a pump, how to set it up and how to store milk, or referring her to the pump company web site. The mother (or pregnant woman) may need:

- Accurate information to make an informed decision; what are the differences from feeding at the breast, how long does it take, costs, can you keep up a supply for months?
- Discussion of her feelings about her current feeding if it is not going well; how she might feel attached to a pump six times a day; what will other people ask and how to reply.
- Links to other mothers who are exclusively pumping either in person, by phone, or internet groups.
- Information on using and storing her milk, feeding in close contact, travelling with milk, time, and more.
- Support through difficulties of too much milk, too little milk, sore nipples or sore breasts.
- Later, information and support to wean from pumping.

Resource of the Month

Exclusively Pumping Breast Milk: A Guide to Providing Expressed Breast Milk for Your Baby



Provides an in-depth resource for women who are pumping milk, for women considering the option, and for health professionals who work with mothers who are exclusively pumping long term - for whatever reason.

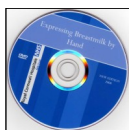
Learn about:

- the realities of exclusively pumping
- how to initiate and maintain your milk supply
- how to boost your supply
- the options available in breast pump accessories
- how to overcome difficulties you may encounter
- how to wean comfortably
- and more.

[Order on-line](#) from BEST Services

ALSO

Hypnosis for Pumping Breastmilk CD uses guided imagery to improve pumping techniques through the experience of deep relaxation. [Get a copy from BEST Services](#)



Expressing Milk by Hand DVD. Helen Shanahan, Royal Cornwall Hospital Trust. Directed at mothers showing basic principles of hand expression with a variety of mothers from antenatal to older babies. [Get a copy from BEST Services](#)

What's On

June 18th Mullingar
[LC Exam Prep day](#)

July 13-17th San Diego, USA
[International Lactation Consultant Association Annual Conference](#)

July 26th Worldwide
[IBLCE exam day](#)

Aug 1st Institute of Technology Athlone
[Closing date for registration for Lactation Studies autumn modules](#)

Aug 1st-7th Worldwide
[World Breastfeeding Week](#)

Sept 14-16th Sweden
[Neonatal BFHI Conference](#)

Sept 16th Limerick
[ALCI Conference](#)

Oct 1st-7th Ireland
[National Breastfeeding Week](#)

THIS ISSUES' FREE DOWNLOADS and LINKS

More on previous page

- ☺ The UK Multiple Birth Foundation has developed two booklet for feeding multiples, one for parents and one for health professionals. Download from <http://www.multiplebirths.org.uk>
- ☺ IBLCE Exam review flash cards from Lactation Education Resources [www.leron-line.com/IBLCE Exam Review Flashcards.html](http://www.leron-line.com/IBLCE_Exam_Review_Flashcards.html)
- ☺ Human Milk Storage for full-term infants at home, Academy of Breastfeeding Medicine Protocol #8, 2010 <http://www.bfmed.org/Resources/Protocols.aspx>
- ☺ Breastfeeding the Late Preterm Infant (34^{0/7} to 36^{6/7} Weeks Gestation) (Revision June 2011) ABM Clinical Protocol #10: <http://www.bfmed.org/Resources/Protocols.aspx>
- ☺ Hector, D. Complexities and subtleties in the measurement and reporting of breastfeeding practices. *Int Breastfeed J.* 2011 May 17;6(1):5. <http://www.internationalbreastfeedingjournal.com/content/6/1/5/abstract>
- ☺ Dr. Anne Eglash, in conjunction with the Academy of Breastfeeding Medicine podcasts on various topics including: the non-latching infant, the tight lingual frenulum, or tongue-tie, and donor human milk banking. Access through iTunes <http://itunes.apple.com/us/podcast/breastfeeding-medicine-podcast/id417009927>
- ☺ BFHI Link the newsletter of the Baby Friendly Hospital Initiative in Ireland Issue 42 April 2011 Tracking milk, BFHI makes a difference, cognitive importance of breastfeeding research update, and more http://www.ihph.ie/babyfriendlyinitiative/bfhi_link.htm

Did you know?

Thousands of women stop breastfeeding in the first week or two.

Not because they weren't motivated enough or didn't try hard enough but because they were sabotaged by cultural and institutional barriers. Visit *BEST for Babes* and find out how to Beat the Booby Traps

www.bestforbabes.org

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