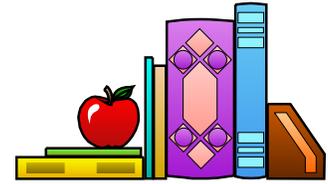


## When the Baby Cannot Nurse from the Breast



Giving your baby your breastmilk directly from your breast is the best way you can feed your baby. When that is not possible, you can express the milk from your breasts to give to your baby. Your baby may then receive your milk from a cup, bottle or special feeding tube.

Why not feed my baby artificial baby milk?

Artificial baby milks (infant formulas) are not the same as breastmilk. Read the advertisements that each company puts out about their product. They all state that they are closest to breastmilk in one particular way or another, but what about all the other hundreds of components in breastmilk? Artificial baby milks will provide a baby with the necessary calories, but they do not provide any protection against illness or infections or protect the infant's IQ. In fact, babies who are fed artificial baby milks are sick about 15 times more often than babies who receive only their own mother's milk.

Feeding your baby expressed breastmilk

The following suggestions will help you to provide breastmilk for your baby — when nursing from the breast doesn't work out.

1. Start pumping as soon as possible after the birth preferably within the first hour. Pump 8 to 10 times every day with at least one pumping being during the night.
2. Make sure you use the Hands-On-Pumping technique and don't depend on the pump to get out all of your milk out of your breast. Any milk left in the breast will decrease your supply.
3. Make sure you use hand expression after pumping until your milk is fully in and you no longer have areas of engorgement.
4. If your milk production continues to be greater than your baby's intake by over 4 four oz for at least a week you can decrease the number of times that you pump in each 24-hour period.
5. Only decrease by one pumping every week or so. Cutting back too quickly may cause your milk production to fall below what your infant needs and it can be difficult to increase it.
6. Make sure that your pumpings are spaced out fairly equally throughout each 24-hour period. This is how babies normally nurse and this will protect your milk supply.
7. The more frequently you remove milk from your breasts, the more milk you will produce. Leaving milk in your breasts will tell your body to stop making as much milk.
8. Using a timer or your phone when you are pumping will help you to pump long enough. Do not stop pumping just because the milk has stopped flowing unless the time is up.
9. If you suddenly find your baby taking more milk than you are producing, you will need to increase your production by pumping more frequently.
10. Try power pumping. One way is to watch TV for 2 hours and each time the commercial comes on you pump during the commercial. You can do this for several days to increase your supply. Evenings are the best time to do this as this is when babies tend to do their marathon nursings.
11. After your milk supply increases to match your baby's needs, go back to your regular pumping routine. If your supply goes down again your body is telling you that you need more frequent pumping to maintain the supply you want.
12. As your breasts become more efficient in making milk you may find that you don't need to pump as often. Some mothers have found that after 4 - 6 months they can decrease their pumpings to every 6 hours or so.
13. Maintaining a milk supply without putting the baby to the breast is difficult and time consuming, much more so than breastfeeding or formula feeding, but it is well worth the effort for those unable to feed from the breast.