

# Resource Guide

## Human Milk Feeding



[BreastfeedDurham.org](http://BreastfeedDurham.org)

# Feeding Resource Guide

## Table of Contents

- Resource Guide Front Cover (2 copies)
- [About Breastfeed Durham](#) (2 copies)
- [Durham County Breastfeeding Resources 2023](#)
- Family Connects: Your Emotions After Delivery (in the pdf)
- Family Connects Community Resource List (in the pdf)
- Family Connects Support for Parents (in the pdf)
- [Breastfeed Durham's Black Perinatal Resources](#)
- [Breastfeed Durham's Local Directories of LGBTQ+ Human Milk Feeding Support](#)
- [Comunidades Hispanas/Latinx](#)
- Making It Work: Breastfeeding Moms Returning to Work Toolkit ([link](#))
- Making It Work: Family Members Supporting Breastfeeding ([link](#))
- Ready, Set, Baby: A Guide to Welcoming Your New Family Member ([link](#))
- Bottle and Formula Feeding: A Guide for Health Professionals
- [Human Milk Expression: A Guide for Health Professionals](#)
- Feeding-Cues-Pix-English
- Infant Feeding: A Guide for Parents and Caregivers Infant Feeding Cues: A Guide for Healthcare Professionals
- Feeding Cues
- Breastfeeding and Child Care: What Moms Can Do
- Breastfeeding in Your Lifestyle: Medication, Alcohol, Caffeine, Smoking, Drugs, Methadone
- Lactation Station Sign
- Feeding the Future Sign

# Breastfeed Durham

## Feeding the Future

Breastfeeding, Chestfeeding, & Human Milk Feeding



## Our Mission

The mission of Breastfeed Durham (Breastfeeding Family Friendly Communities of Durham) is to help create a more breastfeeding and family friendly Durham by advocating for policies and practices that support breastfeeding, chestfeeding, and human milk feeding, as outlined by the World Health Organization (WHO).

## Our Vision

We recognize that chest/breastfeeding, and in particular, exclusive chest/breastfeeding, is the “great equalizer” as JP Grant expressed during his tenure as UNICEF executive director, impacting health equity outcomes at all stages of life. Believing that the creation of a chest/breastfeeding friendly community can ameliorate those inequities, we seek to provide access to support for all families in the Durham community, as well as advocate for policies that protect nursing parents’ rights, in order that they may meet their own personal breastfeeding goals.

## Our Goals

With your help, Breastfeed Durham is making changes. We will encourage families to hold healthcare providers accountable for top quality health care, help families find excellent prenatal care, and teach every family in Durham why human milk feeding matters. We will support statewide and international efforts for paid family leave and teach employers how to encourage and support nursing parents. We will help families find childcare providers who support breastfeeding, chestfeeding, and human milk feeding. We will support local markets that sell healthful food, encourage businesses to fill food deserts, and support the city and county to make beneficial changes for all. By the time our grandchildren are born, every family that wants to breastfeed will be able to do so, for as long as that family chooses, by making educated and supported choices that are not undermined.

## Our Goals

- ❖ To implement the 10 Steps to a Breastfeeding Family Friendly Community
- ❖ Connect with stakeholders from diverse backgrounds, organizations, agencies, and institutions
- ❖ Provide technical assistance for organization who are seeking a Breastfeeding-Friendly Designation
- ❖ Advocate for chest/breastfeeding-friendly policies in Durham
- ❖ Disseminate chest/breastfeeding-related news throughout the community

## Connect with Us

For breastfeeding support, to learn more about Breastfeed Durham, or to get involved:

**Email:** [durham@breastfeedingcommunities.org](mailto:durham@breastfeedingcommunities.org)

**Website:** <https://breastfeeddurham.org>

Visit [BreastfeedDurham.org](https://BreastfeedDurham.org) to learn more about: pregnancy, lactation support, working & breastfeeding, or how to join a committee.

## Your Emotions after Delivery

Having a baby is both exciting and overwhelming. In the first few weeks it is normal to feel happy and sad, to cry for no reason, or to feel anxious. These mood changes often go away in about a month.

### Taking Care of Yourself in the First Weeks

- Do something kind for yourself: Take a nap, take a long shower, paint your toenails, listen to music
- Do something that you enjoy: Watch TV, read a book, write in a journal
- Do something that helps your body: Eat plenty of food, drink lots of water, move around to help your body heal, get some fresh air by going outside or opening a window
- Practice thoughts that focus on the positive: Count up or write down three things from your day: positive things that happened, funny things your baby did, or strengths/successes you had as a parent
- Connect with others – including your baby:
  - Accept family and friends' offers to help with meals and cleaning
  - Talk about your feelings with someone you trust
  - Meet with a friend
  - Connect with your baby by giving a gentle massage, rocking, reading or singing together

### Reasons to Be Concerned

For some parents, changes in emotions do not get better after the first month. This is the most common complication of childbirth and does not mean you are not a good parent. If you are experiencing any of these signs listed below, please talk to someone for support.

- Unable to sleep when everyone else in the house is sleeping OR you want to sleep all the time
- Feel sad most of the time
- Feel overwhelmed, unable to take care of basic tasks such as getting dressed
- Have frequent feelings of guilt
- Not able to enjoy life, nothing makes you happy
- Eating a lot more or a lot less than is normal for you
- Do not feel like yourself anymore
- Get angry or irritated over things that didn't bother you before
- Constantly worry about your baby
- Have scary thoughts that won't go away (such as fear of dropping your baby)
- Have no emotion
- Feel like you're not good enough for your baby
- Have negative feelings about your baby
- Fear being alone with your baby
- Have thoughts of harming yourself, your baby, or your other children

If you are having any of these feelings, and they are keeping you from being able to do your daily activities, you may have a form of a perinatal mood or anxiety disorder, often called postpartum depression. One in five people (of every age, race, and culture) experience this after birth – so it’s pretty common. The good news is that there are effective treatments that can help you feel better.

## Support

If you or someone close to you are concerned about the way you’re feeling, please reach out for support. Talk to your Family Connects Durham nurse, your doctor or midwife, or one of the options below. If you would like help choosing a therapy that matches your needs, feel free to call Caitlin at Family Connects Durham at 919-385-0804.

- **Postpartum Support International (PSI)** is dedicated to helping postpartum parents get support. Search for local providers and support groups online at [www.postpartum.net](http://www.postpartum.net), call 1-800-944-4773, or text a real person at 503-894-9453.
- **Alliance Health** is a local agency that makes referrals to therapists for people with Medicaid or no insurance. Call 800-510-9132 24-hours a day to access therapy.
- **UNC Center for Women’s Mood Disorders Outpatient Clinic** specializes in helping postpartum people. Call 984-974-3989 for an appointment.
- **El Futuro** provides comprehensive mental health services for Latinx families in a bilingual environment of healing and hope. New patients can call 919-688-7101 to get connected.
- **Radical Healing** is an intentional, radically inclusive, LGBTQ+ and People of Color centered, multicultural and multiracial campus for healing and wellness in Durham. Offers free and sliding scale therapy. Visit [www.radicalhealing.us](http://www.radicalhealing.us)
- **Open Path Collective** offers a lifetime membership that provides access to affordable in-person or online care from a vetted mental health professional for a sliding scale fee. Visit [www.openpathcollective.org](http://www.openpathcollective.org)
- **Psychology Today Therapist Finder** provides an extensive search engine to find therapists according to your preferences (insurance, gender, language, specialties). Visit [www.psychologytoday.com](http://www.psychologytoday.com) and click Find a Therapist.
- **InnoPsych** Find your ideal therapist of color and boost your wellness journey with content written by and for people of color. Visit [www.innopsych.com](http://www.innopsych.com)
- **Loveland Therapy Fund** provides financial assistance to Black women and girls nationally seeking therapy. Visit [www.thelovelandfoundation.org](http://www.thelovelandfoundation.org) for more information.

**\*\* For immediate help if you feel like harming yourself, your baby, or you need to talk to someone right away, call the National Suicide Prevention Lifeline at 1-800-273-8255, go to the UNC Emergency Department, or call 911 \*\***

Carolinans Poison Control*	<a href="http://ncpoisoncontrol.org">ncpoisoncontrol.org</a>	800-222-1222	24/7 confidential advice line for if child eats non-food (meds, cleaning product, lotion, etc.)
Birth Certificates	200 E Main St.	919-560-0480	Obtain certified copy for \$10, bring valid ID to Register of Deeds. Mon-Fri 8:30-5:00.
<b>Child Care</b>			
Child Care Services Assoc.*	1201 S Briggs Ave.	919-403-6950	Assistance locating available childcare, programs to help pay for childcare
DSS Vouchers	414 E. Main Street	919-560-8421	Assistance paying for child care for low income families. Email <a href="mailto:DSSchildcarewaitlist@dconc.gov">DSSchildcarewaitlist@dconc.gov</a>
Durham Early Head Start*	1201 S. Briggs Ave	919-490-5577	Center based childcare provider for children ages 0-3 years of age. App @ <a href="http://www.fcrinc.org">www.fcrinc.org</a>
Durham Head Start*	1201 S. Briggs Ave	919-490-5577	Center based preschool/childcare for children 3 at end of August. App @ <a href="http://www.fcrinc.org">www.fcrinc.org</a>
Durham Pre-K*	1201 S. Briggs Ave.	1-833-PREK-EDU	Multiple pre-K programs for the school year for children who are 4 by the end of August. Applications generally begin in February/March. Call for appointment.
<b>Clothing</b>			
Welcome Baby Giving Closet*	721 Foster St.	919-560-7150	Fri at 9:00 AM and at 1:00 PM, every 2 <sup>nd</sup> Thurs of the month at 4:00 PM. Free clothes for children ages 0-5, families can visit 6x per year. Also has crib and car seat programs.
Urban Ministries	410 Liberty St.	919-682-0538	M, W, F 1-3p. T, Th 9-11a & 5-6:30p, 1x per 30 days max Bring ID and proof of residence.
Catholic Charities*	3711 University Dr	919-286-1964	Mon and Thurs 9-10:30 AM, bring ID.
<b>Parenting Resources</b>			
Welcome Baby*	721 Foster St.	919-560-7150	Free classes, cribs, car seats, and clothing closet for pregnant and parenting families. Transportation and childcare offered for group and classes.
Early Head Start Home Based*	1121 W. Chapel Hill St. Suite 100	919-385-0725	Long term home visiting for low income families with kids prenatal to 3. Goal is to build parent/child relationship and prepare for school
Healthy Families Durham*	1121 W. Chapel Hill St. Suite 100	919-385-0773	Long term home visiting for prenatal to 3 years old. Focused on parenting skills and attachment
El Centro Hispano*	2000 Chapel Hill Rd.26A	919-687-4635	Social, health, education, legal, employment, and other programs for Latino families.
Exchange Family Center*	3400 Croasdaile Drive, Suite 206	919-403-8249	Several programs for parenting support at various ages, from birth through adolescence. Also consults with day care providers re: behavior issues. Call to refer.
<b>Development</b>			
Child Development Services Association*	115 Market St. #201	919-560-5600	Developmental evaluation and treatment for children ages 0-3 years. Call to refer a child.
Duke Child Development and Behavioral Health Center	411 Trent Drive Durham, NC 27710	919-668-5559	Diagnostic and treatment services for ages 0-24 with psychiatric, developmental, behavioral, and substance use illnesses
DPS Child Find*	1210 Sawyer Street	919-560-3933	Developmental evaluation and services for children ages 3-5.
<b>Family Violence and Treatment</b>			
Durham Crisis Response Center*	206 N Dillard St. Office # 919-403-9425	919-403-6562	24 hour crisis line, counseling, case management, legal assistance, shelter, and other services for survivors of domestic violence or sexual assault.
Family Justice Center*	510 S Dillard St 2 <sup>nd</sup> floor	919-450-8970	Bilingual legal advocates to assist with protective orders, risk management, law enforcement advocacy and navigation, victim comp. applications, etc. Walk ins welcome
Center for Child and Family Health*	1121 W Chapel Hill St. Suite 100	919-419-3474	Mental health services for children and families exposed to violence, including abuse and domestic violence.
InStepp, Inc*	3717-B University Drive	919-680-8000	Case management, support services, immigration legal aid, & employment services for women who have been victims of a crime
<b>Financial Assistance</b>			
Durham County DSS*	414 East Main St.	919-560-8000	Assistance with rent, utilities, food, bus passes, burials, medical bills, prescriptions, and Medicaid/Health Choice based on family need. Must show ID, proof of income, verification of financial need (i.e. late notice).
Durham Emergency Rent Assistance	<a href="http://durhamerap.dconc.gov">durhamerap.dconc.gov</a>	919-560-8000 Option 7	Can assist families financially eligible who have lost income or incurred significant costs due directly or indirectly to COVID 19.
HOPE Program	<a href="https://www.rebuild.nc.gov/hope-program">https://www.rebuild.nc.gov/hope-program</a>	(888)927-5467	Provides rent and utility assistance to low-income renters experiencing financial hardship due to the economic impacts of COVID-19.
Salvation Army*	909 Liberty St.	919-688-7306 ext. 100	Call at 7:30am Monday-Friday. Leave a message with name, phone number, county of residence and your need. Get a call back for appointment
SafeLink Wireless Phone	<a href="http://www.safelink.com">www.safelink.com</a>	800-Safe-Link	350 free minutes each month for households receiving services through DSS.
Lifeline Internet	<a href="http://www.checklifeline.org">www.checklifeline.org</a>		Discounted internet service for households with SNAP, Medicaid, or low income
<b>Financial Assistance for Health Care</b>			
Hospital Charity Care*	Duke: 919-620-4555, UNC: 800-782-6945		Assistance with paying for hospital bills.
Duke Well* (includes LATCH)	411 W Chapel Hill St. 3 <sup>rd</sup>	919-660-9355	Care management for adults with chronic conditions and assistance accessing care
Project Access of Durham*	407 Crutchfield St.	919-470-7262	Links people w/o health insurance into local network of specialists that donate their help
<b>Education</b>			
Durham Tech GED	1637 E. Lawson St.	919-536-7200, ext. 3206	Free GED and HiSET testing for Durham residents. More info <a href="https://www.durhamtech.edu/college-and-career-readiness/high-school-equivalency-diploma/high-school-equivalency-testing">https://www.durhamtech.edu/college-and-career-readiness/high-school-equivalency-diploma/high-school-equivalency-testing</a>
Durham Literacy Center*	1905 Chapel Hill Rd	919-489-8383	Adult literacy, ESL, computer literacy, youth education, GED preparation & tutoring
Durham Tech Single Parent Program	Counseling Office, Wynn 10-209	<a href="mailto:mosleylk@durhamtech.edu">mosleylk@durhamtech.edu</a>	Assists Durham Tech students in completing their education by offsetting childcare costs. Contact Karen Mosley-Lyon by email or in person for more info.
<b>Food and Nutrition</b>			
No Kid Hungry	<a href="http://Nokidhungrync.org">Nokidhungrync.org</a>	877-877	Text "Food" or "Comida" to 877-877 and put in your address for information about where to get free food.
Durham Food Resources App	<a href="http://Endhungerdurham.org">Endhungerdurham.org</a>	App Store	Free app to locate food near you. Available on apple and android

Durham County DSS*	414 East Main St.	919-560-8301	Apply for Food Stamps online or in person ( <a href="http://epass.nc.gov">epass.nc.gov</a> or <a href="http://dssmobile.dconc.gov">dssmobile.dconc.gov</a> )
Catholic Charities*	2020 Chapel Hill Rd., Suite 30	919-286-1964	Wednesdays 10:00-1:00 and 5:00-7:00, bring photo ID.
WIC*	1301 Fayetteville St. 414 E Main St. 3901 N Roxboro St.	919-956-4042 919-560-7824 919-403-1300	Food, breast pumps, and formula for pregnant women, parents and children under age 5. Appointments encouraged but walk ins accepted 7:45-3:30.
<b>Home Repair/Landlord Issues</b>			
Reinvestment Partners	110 E Geer St.	919-667-1000 x25	Contact Lorisa Seibel. Help with lead testing, detectors, weatherization, homeowner repairs, and legal resources.
City Inspector*	807 E Main St. Bldg 2 # 300	919-560-1647 (x240 Span)	Call with landlord issues (related to repairs or safety).
Durham Affordable Housing	400 W Main St.	919-683-1185	Listings for available housing can provide advice and assistance with landlord issues.
<b>Housing and Shelters</b>			
DSS Entry Point	414 E Main St.	919-560-8000	Coordinates housing services for homeless folks in Durham County. Call for interview.
Urban Ministries*	410 Liberty St.	919-682-0538	For men, women, and families. Substance abuse treatment also available. Arrive by 4:00 PM to be assigned a space.
Families Moving Forward*	300 N Queen St.	919-683-5878	Shelter for families. Must go through DSS Entry Point 919-560-8000
Durham Rescue Mission*	1201 E Main St. (men) 507 E Knox St. (families)	919-688-9641	Shelter, food, and clothing assistance. Call for interview; bring ID, birth certificates, and/or marriage certificates. Religious affiliation with strict guidelines for residents.
Durham Housing Authority	330 E Main St.	919-683-1551	Apply for public housing and Section 8 vouchers.
Housing for New Hope	Multiple locations	919-489-6282	Transitional housing for men and women. Must be homeless and clean of drugs and alcohol for 14 days. Must go through DSS Entry Point 919-560-8000
Section 8 Housing	Websites with listings for Section 8 housing: <a href="http://dha.gosection8.com/">http://dha.gosection8.com/</a> ; <a href="http://www.wetakesection8.com/rentals/NC/durham/">http://www.wetakesection8.com/rentals/NC/durham/</a>		
NC Housing Search	<a href="http://www.nchousingsearch.org">www.nchousingsearch.org</a>	877-428-8844	Assistance searching for affordable housing in North Carolina.
<b>Legal Assistance</b>			
Legal Aid of NC*	201 W Main St. Ste 400	919-688-6396 866-219-5262	Free legal advice on civil matters to low-income Durham residents.
Compass Center for Women & Families*	210 Henderson St., Chapel Hill	919-968-4610	Info on legal matters (divorce, custody, family law, housing, etc.) as well as multiple supports for women and survivors of domestic violence
El Centro Hispano*	2000 Chapel Hill Rd 26a	919-687-4635	Legal assistance and referrals specific to Latino community. Call for appointment.
NC Justice Center*	<a href="http://www.ncjustice.org">www.ncjustice.org</a>	919-856-2570	Legal assistance for immigrants. call Tuesdays at 1-888-251-2776 (toll free) 9:00am-1:00pm
Duke Law Clinic	210 Science Dr.	919-613-7169	Call for appointment. Legal advice and representation for topics related to children.
InStepp, Inc*	3717-B University Drive	919-680-8000	Legal assistance for immigrants
World Relief Durham*	801 Gilbert St. #209	919-251-8624	Legal representation for immigrants. Must have appointment (call to schedule)
<b>Medical Care</b>			
Lincoln Community Health Center*	1301 Fayetteville St.	919-956-4000	Primary care, pediatrics, pharmacy, WIC office, behavioral health. Mental health, dental, and vision screenings offered occasionally. Evening hours and walk-in appointments available. Multiple satellite clinics as well.
Durham County Department of Public Health*	414 E Main St.	919-560-7601	Family planning, OB/GYN services, immunizations, mammograms, TB, STI & HIV clinic, dental clinic for kids & pregnant. Also has a walk-in Lincoln satellite clinic for primary care.
Samaritan Health Center*	507 E Knox St.	919-407-8223 Ext. 122	Suggested donation \$20, for uninsured Durham County residents. Medical and eye exams by appointment only.
Planned Parenthood*	105 Newsom St. Suite 101	919-286-2872	Contraception, abortion, gynecological services, pregnancy testing, STI & HIV testing.
UNC Dental School*	160 Manning Drive Chapel Hill	919-537-3737	General dental services provided by students at a reduced rate, can have several month waiting list, call or go to website to fill out an application.
<b>Mental Health/Counseling</b>			
Postpartum Support Int.	<a href="http://www.postpartum.net/">www.postpartum.net/</a>	800-944-4773	Assistance finding local therapy and support groups. Can also text 503-894-9453.
UNC Center for Women	101 Manning Dr.	984-974-3989	Women's Mood Disorders Outpatient Clinic, specializes in postpartum people
Alliance Health	<a href="http://alliancehealthplan.org">alliancehealthplan.org</a>	800-510-9132	Agency that makes referrals to therapists (esp. for people with Medicaid or no insurance).
InnoPsych	<a href="http://www.innopsych.com">www.innopsych.com</a>		Find your ideal therapist of color and boost your wellness journey with content written by and for people of color.
<b>Substance Use</b>			
SouthLight Innovative Behavioral Health	1201 N. Roxboro <a href="http://www.southlight.org">www.southlight.org</a>	919-787-6131	Outpatient services to engage, educate, and empower those living with substance use and mental health challenges.
UNC Horizons	127 Kingston Dr. Chapel Hill	1-800-862-4050	Substance abuse treatment program for pregnant or parenting women and their children. Outpatient and residential services.
<b>Transportation</b>			
Lincoln Community Health Center*	919-956-4000	Transportation for medical appointments at Lincoln clinics. Requires at least two days advanced notice, call between the hours of 8:30 AM and 3:00 PM.	
GoDurham ACCESS	919-560-1551	Door to door rides for those with qualifying disabilities. Call or download app <a href="http://www.godurhamtransit.org">www.godurhamtransit.org</a>	
Medicaid Transportation*	919-560-8607	Non-emergency transport to medical appointments for Medicaid beneficiaries. Call to establish eligibility	

## SUPPORT FOR PARENTS

*This list is informational. Inclusion on this list is not an endorsement of the services or groups.*

### PARENTING GROUPS: IN PERSON

- **Durham Mocha Moms** [www.durhammochamoms.wixsite.com](http://www.durhammochamoms.wixsite.com) - Support for mothers of color & moms raising kids of color
- **Durham Mother's Club** [www.durham-mothers-club.org](http://www.durham-mothers-club.org) - A support network for moms in Durham and the Triangle
- **Emerald Doulas** [www.emerladdoulas.com](http://www.emerladdoulas.com) – Virtual support groups include: Moms of Color; LGBTQ New Parents; Perinatal Mood; New Moms; New Dads; Weekly New Parent Hangout; Movers & Shakers Hangout
- **LGBTQ Center of Durham** [www.lgbtqcenterofdurham.org](http://www.lgbtqcenterofdurham.org) – Queer families' playgroup, community resources, & support
- **MAAME (Mobilizing African American Mothers through Empowerment)** [www.maameinc.org](http://www.maameinc.org) – Sliding scale birth and postpartum doula support info@maameinc.org 919-627-8679
- **Triangle Area Parenting Support (TAPS)** [www.tapsnc.org](http://www.tapsnc.org) - Community-based, peer connection groups for new parents
- **Triangle Babywearers** [bwtriangle.myturn.com](http://bwtriangle.myturn.com)– Lending library for members to try carriers
- **Triangle Doulas of Color** Pre & postpartum support. Find on Facebook, call 540-267-5400 [triangledoulasofcolor@gmail.com](mailto:triangledoulasofcolor@gmail.com)
- **Triangle Parents of Multiples** [www.trianglemultiples.org/](http://www.trianglemultiples.org/) – Support, consignment, and family assistance
- **Welcome Baby** [www.facebook.com/welcomebabydurham](http://www.facebook.com/welcomebabydurham) - Parenting support, clothing closet, and car seat safety sessions

### PARENTING INFO AND GROUPS: ONLINE

- **Beyond Birth Moms' Group** Weekly Zoom group led by local IBCLC Lorraine Rocco, donation based, Mondays 1-3:00 Email [lorraine@beyondbirthlactation.com](mailto:lorraine@beyondbirthlactation.com)
- **Bright by Text** [brightbytext.org](http://brightbytext.org) - Free developmental games and info by text message in English or Spanish
- **Canopie App** [www.canopie.app](http://www.canopie.app) Free, personalized, and self-guided app for postpartum mood support.
- **CDC's Milestone Tracker**- Free app for all smartphones
- **Carolina Parent** [www.carolinaparent.com](http://www.carolinaparent.com) - Local parenting magazine with info about family oriented events
- **Chapel Hill Kids / CHillKids** [www.chillkids.com](http://www.chillkids.com) - An online resource for families in the Triangle area
- **Fostering Families** [www.fosteringfam.org/resources](http://www.fosteringfam.org/resources) - Support groups and resources for foster and adoptive families
- **New Mom Health** [newmomhealth.com](http://newmomhealth.com) – A hub of evidence-based, reality-centered postpartum health information
- **Triple P Positive Parenting** [www.triplep-parenting.com](http://www.triplep-parenting.com) - Positive discipline info online and free in-home consults
- **Zero To Three** [www.zerotothree.org/parenting-resources](http://www.zerotothree.org/parenting-resources) - Parent resources, including a monthly email on development

### BREASTFEEDING SUPPORT:

- **Black Women Do Breastfeed** [blackwomendobreastfeed.org](http://blackwomendobreastfeed.org) Info, support, & encouragement for black families
- **Breastfeed Durham** [breastfeeddurham.org](http://breastfeeddurham.org) Lactation support, advocacy, and resources, including support for breastfeeding after returning to work
- **Davis Family Chiropractic** [davischironc.com](http://davischironc.com) (919)615-2257 Raleigh chiro & craniosacral therapy, accepts some insurance
- **Exclusive Pumping Mamas** Facebook support group for exclusive pumpers
- **Global Health Media** [globalhealthmedia.org/videos](http://globalhealthmedia.org/videos) Videos on breastfeeding, nutrition and infant care
- **Holman Family Dental** (919)932-7811 Tongue tie clinic every Monday with IBCLC and CST on staff, accepts most insurance including Medicaid, be sure to ask if your insurance requires a physician or IBCLC referral
- **Infant Risk Center** [www.infantrisk.com](http://www.infantrisk.com) Evidence based info about medications in milk. Call (806) 352-2519
- **Joanne Dahill** [journeyofmotherhood.com](http://journeyofmotherhood.com) Durham craniosacral therapist and many other services, contact by email [journeyofmotherhood@gmail.com](mailto:journeyofmotherhood@gmail.com)
- **Kelly Mom** [kellymom.com](http://kellymom.com) Evidence-based breastfeeding information
- **La Leche League** [www.lllofnc.org](http://www.lllofnc.org) Information, support, and encouragement for parents who choose to breastfeed
- **Wanda Sunderman** [wandaswork.com](http://wandaswork.com) Craniosacral therapist in Chapel Hill, (919)524-6288
- **WIC Breastfeeding Peer Counselor** 919-956-4595
- **Women's Birth and Wellness Center** [ncbirthcenter.org](http://ncbirthcenter.org) Outpatient lactation consultant appointments



#### SUPPORT FOR FATHERS:

- **Understanding Fatherhood eclass** Through the UNC Women's Health Information Center ([nchealthywoman.org](http://nchealthywoman.org))
- **Fatherhood of Durham** [www.fatherhoodofdurham.org](http://www.fatherhoodofdurham.org) Educating and enriching fathers to build strong families
- **National Center for Fathering** [www.fathers.com](http://www.fathers.com) Positive fathering information
- **National Responsible Fatherhood Clearinghouse** [www.fatherhood.gov](http://www.fatherhood.gov) Tips, hints, and programs about fatherhood
- **Triangle Stay at Home Dads** [trianglestayathomedads.com](http://trianglestayathomedads.com) Meet up groups and playgroups for fathers
- **Videos, podcasts, and online support** [www.daduniversity.com](http://www.daduniversity.com), [www.dadsadventure.com](http://www.dadsadventure.com), and [www.newdadmanual.ca](http://www.newdadmanual.ca)

#### RELATIONSHIPS & ADJUSTMENT:

- **The Gottman Institute** [facebook.com/gottmaninstitute](https://facebook.com/gottmaninstitute) Relationship/marriage experts with daily tips and ideas
- **Welcoming A New Baby** Article for helping older siblings adjust to a new baby <https://www.kidshealth.org/en/kids/new-baby.html>
- **Love is Respect** <http://www.loveisrespect.org> Website and support services to engage, educate and empower young people to prevent and end abusive relationships

#### HEALTH, SAFETY & DEVELOPMENT:

- **Car Seat Check** [durhamnc.gov/3789/Child-Car-Seat-Installation](http://durhamnc.gov/3789/Child-Car-Seat-Installation) Free car seat installations and checks by appointment only at Durham Fire Station. Schedule online
- **Healthy Children** [www.healthychildren.org](http://www.healthychildren.org) Parent resource from American Academy of Pediatrics
- **Kids Health** [www.kidshealth.org](http://www.kidshealth.org) Resource about health, behaviors, and development from before birth to teen years
- **Safe Kids** [safekids.org](http://safekids.org) Website with lots of safety tips and information for families

#### PELVIC HEALTH PHYSICAL THERAPISTS:

- **Carolina Pelvic Health Center** [carolinapelvichealth.com](http://carolinapelvichealth.com) (919) 571-9912 for appointment, will assist with reimbursement for their out-of-network services
- **Grace Physical Therapy and Pelvic Health** [gracepelvichealth.com](http://gracepelvichealth.com) (919) 914-0896 for appointment, accepts most insurances
- **Results Physiotherapy** [resultspt.com](http://resultspt.com) 919-907-3103, accepts nearly all forms of insurance

#### CONSIGNMENT SHOPS and SALES:

- **Beanstalk** [beanstalkrdu.com](http://beanstalkrdu.com) 3400 Westgate Dr #13a, Durham, NC 27707 919-955-2301
- **Kidstock** [facebook.com/kidstocknorthgate/](https://facebook.com/kidstocknorthgate/) 3169 Hillsborough Rd, Durham 919-237-3956
- **Once Upon a Child** [onceuponachilddurham.com](http://onceuponachilddurham.com) 4600 Durham-Chapel Hill Blvd #10, Durham, NC 27707 919-973-2652
- **Kids Exchange Consignment Sale** [kxconsignment.com](http://kxconsignment.com) Annual consignment sale in Raleigh

#### FINDING CHILD CARE

- **Care** [www.care.com](http://www.care.com) Online membership platform for finding babysitters and nannies
- **Child Care Services Association** [childcareservices.org](http://childcareservices.org) Free online group child care search and in office options for assistance paying for child care.
- **Jess' Way** <https://www.jessway.com/> Local nanny/babysitter placement agency
- **Select Sitters** [theselectsitters.com](http://theselectsitters.com) On demand babysitting, part-time, and full-time nanny placements with paid membership

*Family Connects Durham welcomes donations of unopened formula and infant clothes. Please call 919-385-0777.*



# Black Perinatal Resources

<https://breastfeeddurham.org/equity/black-breastfeeding/black-perinatal-resources/>

## Professional Lactation Support

- **Alicia Taylor** at **North Raleigh Doulas**, Infant feeding specialist
- **Ashley Taylor Jacobs, IBCLC** at **Carolina Birth and Wellness**, Birth Doula
- **Beautiful Beginnings Doula Services** IBCLC, CHC, CLE, CD(DONA) – Lactation consultant that assists breastfeeding and chestfeeding families in the Triangle area. I have experience with inducing lactation and supporting people that want to relactate.
- **Cherise McManus**, IBCLC
- **Maya Hart** CLC @blackdurhamdiapers on Instagram or mayahart@gmail.com Black, Brown, Queer Affirming (413)687-4508, Free

## Breastfeeding Peer Support

- **Blackity Black Lactation Supporter Directory**
- **La Leche League of Durham** This is a local chapter of the international organization, La Leche League, which provides peer-to-peer breastfeeding support. They offer monthly meetings and individual support for breastfeeding mothers. Text Jahmekya (573)397-1101 or Carlita (912)856-7948. LLL supports all breastfeeding, chestfeeding, and human milk feeding families, inclusive of their race, ethnicity, immigration status, national origin, creed, age, sexual orientation, gender identity, family structure, primary language, ability, or socio-economic status
- **MAAME** All Doulas certified peer to peer LC: Specializes in supporting Black Birthing People (919) 709-3120, Sliding Scale
- **Milky Mamas Breastfeeding Support – Facebook**
- **Stephanie Whitaker Amekuedi** LLL USA Leader available for peer lactation support. \*Coming Soon\* Will be hosting virtual monthly LLL meetings with topics specific for Black breastfeeding Mamas, and will hold in person LLL meeting in the triangle area (one per month) open to the public starting June 2023

## Advocacy and Education

- **Black Breastfeeding 360** A blog run by Kimberly Sears Allers with a resource library and articles archive on breastfeeding and parenting geared toward Black families.
- **Black Mothers Breastfeeding Association (BMBFA)** Black Mothers Breastfeeding Association's goal is to have a national impact on the reduction of racial disparities in breastfeeding success for black families. BMBFA's mission is to reduce racial inequities in breastfeeding support for black families.
- **Breastfeed Durham** A health equity advocacy group located in Durham North Carolina. **Black Maternal Health Team**
- **MAAME** (Mobilizing African American Mothers through Empowerment) **Maya Jackson**. MAAME provides birth and postpartum support, breastfeeding education, classes, and supplies on a sliding scale. Needs are determined by completing an intake form.
- **The Renee** Whitney Robinson(Founder), created the **Support! Black Maternal Health Efforts Directory**

## Community Support

- **Care Fund – Sister Song** The fund covers costs of prenatal, labor, and postpartum support, and other essential items, such as diapers, wipes, car seats, strollers, and breast pumps.
- **Diapers for Black Durham** Providing free diapers, wipes & lactation support for Black families in Durham, NC
- **Durham Mocha Moms** (Networking Group) Co-President Taryn Beachler and Ca'Lecia Fleming, A support network for moms in Durham and the Triangle

- **Equity Before Birth** A mission to save the lives of Black birthing people and their infants and improve health outcomes by increasing access to critical services and support.
- **Faithfully Fertile Foundation** Supporting people that are starting their families through reproductive assistance and adoption. We hold a virtual support group meeting the last Sunday of each month at 7pm EST via Zoom for people dealing with infertility and pregnancy loss.
- **Nourish & Thrive** A 501c3 Non-Profit, Nourish & Thrive is an equity focused nonprofit dedicated to minimizing barriers that contribute to the low percentages of Black birthing people successfully or continually breastfeeding. Our mission is to provide access to lactation support, increase representation in the lactation field, and normalize/destigmatize breastfeeding in the Black community by focusing on social media campaigns. [info@nourishandthrivemilk.org](mailto:info@nourishandthrivemilk.org)
- **Reaching Our Sisters Everywhere** Reaching Our Sisters Everywhere (ROSE), Inc. seeks to enhance, encourage, support, promote, and protect breastfeeding throughout the USA, by working to reduce the breastfeeding disparities among African American women, and to strengthen the health of their babies and families through, mentoring, training, breastfeeding support groups, social support, outreach, education, legislation, health policies, and social marketing.
- **Spirit House** SpiritHouse uses culture, art and media to support the empowerment and transformation of communities most impacted by poverty, racism, gender inequity, criminalization and mass incarceration; through grassroots programs, cultural organizing and community collaborations.
- **Village of Wisdom** Organizing work with Black families includes both building families capacity to navigate and cope with racial bias and build community connections and advocacy skills.

## Doulas

- **Andora Pyatt, Start of Life** (984) 208-6034 Prenatal, Virtual & Postpartum Support, affordable doula services for underserved communities
- **Briana Smith, Birth and Beyond, Inc** Birth & Postpartum Doula, Sibling & Family Doula, Childbirth & Early Parenting Educator, Placenta Encapsulation Specialist and Human Lactation student: [www.birhandbeyonddoulas.com](http://www.birhandbeyonddoulas.com)
- **Joy Lumpkin Foster** Doula, wellness equity advocate [joy@endayo.com](mailto:joy@endayo.com)
- **June Eric-Udorie** An independent Durham birth doula. Doula services are prioritized for free for low-income, people of color (POC), differently abled individuals, single-parent, and LGBTQ+ families.
- **Luna Rise Birth, LLC** Ameerah Stephanie Diaz Rodriguez at. Trained and certified; herbalist, fertility, birth, postpartum, and bereavement Doula. [Lunabirthrise@gmail.com](mailto:Lunabirthrise@gmail.com)
- **MAAME** Provide doula care at no cost to low cost to pregnant individuals who would otherwise be unable to afford doula services. We support individuals who are eligible for programs like presumptive Medicaid, Medicaid, or WIC based on their family income and those experiencing other barriers to care.
- **Melanie Patrick Birthing While Black Fund** (919) 864-8361, Mothers of color fund to support mothers with doula; lactation support after birth.
- **Sierra Bizzell IBCLC, Beautiful Beginnings Doula Services, CD(DONA)** Provides prenatal support, lactation education and support, and birth doula services. Send an [sierra.beautifulbeginnings@gmail.com](mailto:sierra.beautifulbeginnings@gmail.com) if you have questions or need support.
- **Triangle Doulas of Color** Pre & postpartum support. (540) 267-5400 [triangledoulasofcolor@gmail.com](mailto:triangledoulasofcolor@gmail.com) Facebook

## Maternal Fetal Medicine Provider

- **Maria Small** Maternal fetal medicine provider, Duke Hospital Maternal fetal medicine provider, Duke Hospital
- **Sarah Wheeler** Maternal-Fetal Medicine Specialist, Duke Health Provider, Areas of Expertise: High Risk Pregnancy Care, Labor and Delivery, Preterm Labor and Preterm, Birth Prevention, Congenital Diaphragmatic Hernia

*Please note Maternal-Fetal Medicine specialists are experts in managing high-risk pregnancies, particularly those involving complex medical conditions, multiple gestations (twins, triplets, or more), fetal abnormalities, and other complications. They use a variety of diagnostic tools and techniques, including ultrasound, amniocentesis, chorionic villus sampling (CVS), and non-invasive prenatal testing (NIPT), to evaluate the health of the mother and fetus and to monitor fetal development. MFM specialists work closely with a team of healthcare providers, including obstetricians, neonatologists, genetic counselors, and other*

*specialists, to provide comprehensive care for high-risk pregnancies. They may also provide preconception counseling to help women with pre-existing medical conditions plan for a healthy pregnancy.*

### **Prenatal/Postpartum Mental Health**

- **Kadeisha M. Bonsu** (she/her) a LCSW clinician and ordained Baptist minister serving clients in group practice in Durham, NC. Kadeisha is passionate about Black Maternal Mental Health and creating space for the intersection of spirituality and mental health. She trained with UNC Chapel Hill's Counseling and Psychological Services as a Post-MSW Fellow.
- **Mind Over Melanin**: Podcast on Black mental health
- **Radical Healing**: An intentional, radically inclusive, LGBTQ+ and People of Color centered, multiracial and multicultural campus for healing and wellness
- **Tiirini Hill** MSN, PMHNP-BC, board certified Psychiatric Mental Health Nurse Practitioner, with 8 years of Psychiatric Nursing experience.
- **Waite Psychological & Therapeutic Services** Selena Waite MA/CAS, LCMHC 1 5316 Highgate Dr., Suite 221 Durham NC 27713 1 1 (919) 885-4650

### **Midwifery/Homebirth**

- **Aya Wellness** Birth Center \*Coming Soon\* (Formerly Sankofa Midwifery) Accepting Clients November 2023 [Instagram](#)
- **Special Beginnings Midwifery** Adiah Oyefesobi, CNM

### **National Advocacy Organizations**

- **African American Breastfeeding Network** The mission of the African American Breastfeeding Network is to improve maternal-child health and champion breastfeeding equity by advocating system/policy changes, and partnering with community-based, family-centered, culturally tailored health education and support services.
- **Black Breastfeeding Week** A national campaign that aims to raise awareness about the importance of Black breastfeeding and provide support to Black mothers who choose to breastfeed. The campaign website offers a directory of local resources, including support groups, lactation consultants, and breastfeeding-friendly healthcare providers.
- **Black Mamas Matter Alliance** A national organization that advocates for the health and wellbeing of Black mothers. They offer resources and tools to promote maternal health, including policy briefs, training and technical assistance, and advocacy campaigns.
- **Black Mothers' Breastfeeding Association** A non-profit 501(c)3 organization. BMBFA aims to build foundational networks of support, and strengthen systems to overcome historical, societal and social barriers to breastfeeding success. Their objective is to provide education, valuable resources and ongoing support to black families and public/private agencies that service these families.
- **Black Women's Health Imperative** A national organization that advocates for the health and wellness of Black women and girls. They provide resources and tools to improve maternal and reproductive health outcomes, including policy advocacy, community education, and research.
- **Irth** Prenatal, birthing, postpartum and pediatric reviews from Black and Brown women
- **National Association of Professional and Peer Supporters of Color** Cultivating a community of diverse professional and peer lactation supporters to transform communities of color through policy, breastfeeding, and skilled lactation care.
- **National Birth Equity Collaborative** NBEC creates transnational solutions that optimize Black maternal, infant, sexual, and reproductive wellbeing. We shift systems and culture through training, research, technical assistance, policy, advocacy, and community-centered collaboration.
- **Reaching Our Sisters Everywhere (ROSE)** Breastfeeding advocacy, information and support for black women. Based in Atlanta. Annual conferences.
- **Sister Song** Reproductive Justice advocacy and organizing organization based out of Atlanta with many leaders in Durham, NC. SisterSong: This is a national organization that works to strengthen and amplify the collective voices of Indigenous women and women of color to achieve reproductive justice. They advocate for policies and practices that support the health and well-being of Black mothers and their families.

### **EFT Tapping & breastfeeding**

- **Damon Silas** is a local EFT practitioner
- [EFT Tapping for breastfeeding stress](#)
- [EFT Gets to the Emotional Root of Painful Breastfeeding](#)

- [EFT for breastfeeding mothers](#)
- [EFT/Tapping – Birth and Baby Academy](#)
- [Tapping for Mums'](#)
- [Tapping for breastfeeding Video](#)

*It is important to note that this is not an exhaustive list, and there may be other Black maternal health organizations available in Durham, North Carolina. It is always a good idea to consult with your healthcare provider or local community organizations for additional support and resources.*

### **Pelvic Floor Physical Therapist**

- **Mbong Henry** PT, DPT; Mbong Henry is from Westminster, MD. She graduated Simmons College in 2009 with her DPT and has been treating pelvic floor conditions for 7 years. She loves helping women who are feeling held back by diastasis recti and pelvic pain discover strength in their bodies again as they get back to the sports they love. [Info@radiancept.com](mailto:Info@radiancept.com) (919) 980-6330
- **Lashonda Jones** PT, MSPT, CPT, PCES ; Lashonda Jones from Durham, North Carolina graduated with a Masters in Physical Therapy from Western Carolina University in 2006 & set to complete Doctorate of Physical Therapy in December 2022 from Winston Salem State University. Certifications: Masters of Physical Therapy, NSCA Certified Personal Training, Pregnancy and Postpartum Corrective Exercise Specialist [Info@coreelevationfitness.com](mailto:Info@coreelevationfitness.com)

### **Postpartum Support**

- **Black Mamas Matter Support Group:** This group is for Black mothers who are seeking peer support during the perinatal period up to 2 years postpartum. Our online groups are here to help you connect with other moms, talk about your experience, and learn about helpful tools and resources. Whether you are going through stress, adjustment to parenting, baby blues, or pregnancy or postpartum depression/anxiety, our groups are here for you. <https://www.postpartum.net/get-help/psi-online-support-meetings/>
- **Maame, Inc.** Virtual only. Mobilizing African American Mothers through Empowerment supports the BIPOC community. Postpartum support group meets the 4th Thursday of each month. Maame, Inc also offers free therapy and 1 on 1 peer support. If interested in any of these programs, email staff at [info@maameinc.org](mailto:info@maameinc.org) or call (919) 709-3120. [www.maameinc.org](http://www.maameinc.org)
- **The Hope4NC Helpline** (1-855-587-3463) is here to connect North Carolinians with emotional support and mental health resources to help build coping skills and resilience during times of crisis. The helpline is available free of charge to everyone in North Carolina's 100 counties. This initiative is in partnership with all seven of the state's LME/MCOs and REAL Crisis Intervention Inc. in Greenville. Hope4NC is confidential and available 24/7. A live person will always answer, no matter when help is needed.
- **The National Maternal Mental Health Hotline** provides 24/7, free, confidential support before, during, and after pregnancy. The Hotline offers callers: Phone or text access to professional counselors, Real-time support and information, Response within a few minutes, 24 hours/7 days a week, Resources, Referrals to local and telehealth providers and support groups, Culturally sensitive support, Counselors who speak English and Spanish, Interpreter services in 60 languages. *Call or text 1-833-943-5746 (1-833-9-HELP4MOMS). TTY users can use a preferred relay service or dial 711 and then 1-833-943-5746.*
- **Anchor Perinatal Wellness** APW provides free, walk-in screening clinic, outpatient services and an intensive outpatient program to pregnant and postpartum (up to 2 years ) adults who are struggling with a perinatal mood and anxiety disorder (PMAD). <https://www.anchorperinatal.com/>
- **Mom's Supporting Mom's** Support and mentoring for pregnant and postpartum women and their families <https://safechildnc.org/moms-supporting-moms/> Email [info@safechildnc.org](mailto:info@safechildnc.org) 919-743-6140
- **Moms of Color Support Group:** This is a safe place to support one another as women, as mothers, and in raising our children in today's world. There are no pre-determined topics, and while the group is facilitated by Melanie, the discussion is led by the group. The group meets the fourth Tuesday of each month, 6:00 to 7:30 p.m. online via Zoom and is open to anyone who identifies as a woman of color, and is currently expecting a new baby or who has a child. <https://www.emerliddoulas.com/momsocolor>

# Local Directory of LGBTQ Plus Human Milk Feeding Support and Providers



<https://breastfeeddurham.org/equity/lgbtq-human-milk-feeding/local-lgbtq/>

## Chiropractic

### Harmony Family Chiropractic

- Chiropractor/Body Worker/Massage Therapist in Cary
  - A family wellness practice focusing on principled chiropractic care for whole families. No lactation staff. LGBTQ plus friendly, handicap accessible. Doctor of Chiropractic focusing on pediatrics and pregnancy. Providing full service, but appointments are being spaced out and additional precautions are being taken. Jaylene Bair [Contact Email](#) 919-234-0505

### Keystone Chiropractic

- Chiropractors who welcome all people and have expertise in helping babies, children, and adults.
  - They have expertise in helping babies with feeding concerns which may involve mechanics of positioning, jaw movement, effective sucking, tongue tie, etc. They also provide general chiropractic care for the parents, if experiencing body pains from postures of feeding and holding/sleeping with newborns. Their expertise also includes special techniques used during pregnancy. Dr. Donna Hedgepeth and Dr. Katie Lucht (919) 851-1010

## Community Centers

### LGBTQ Center of Durham

- Committed to improving the quality of life for LGBTQ+ people in and around Durham through programming, resources, and networks of support; by acting as a hub for Durham's LGBTQ+ community; by sharing and affirming all LGBTQ+ lived experiences; and, by educating our neighbors in order to enhance understanding of and sensitivity to LGBTQ+ issues. [Contact Email](#)

## Dietitians

### Whole Health Partners

- **Jenni Grover, MS, RD, LDN:** Dietitians offering virtual visits
- Phone: (919) 285-0855

## Doulas

### Birth and Beyond, Inc.

- Birth doula, postpartum doula, breastfeeding peer counselor, childbirth educator, sibling doula, placenta encapsulation specialist, and postpartum belly binder. LGBTQ+ friendly, serves families of color first.
- Briana Smith BSPH, CBD, CPD, CBE, CPES [Contact Email](#) 919-239-1613

### Carolina Doula Collective

- Provides prenatal education, labor support, and easy postpartum care, along with placenta encapsulation and photography services. Peer lactation support and access to lactation referral services. Provides services to clients of all ethnicities and orientations, LGBTQ+ friendly, and focuses on providing accessible services to marginalized populations. Primarily English speaking, with some Spanish fluency. Samantha McClellan CD(IBFA) 910-808-9421
- During Covid-19 quarantine, providing virtual doula services, online education, and virtual meetings with some limited in-person labor support
- [Contact Email](#)

### Emerald Doulas

- Located in Durham, welcomes all people and has a wide range of services to support family's lived experiences.
- LGBTQ+ Friendly, Lactation Services Available.
- [Contact Email](#) 919-864-8361

### June Eric-Udorie

- Independent birth doula specializing in serving families of color
- birth doula services are prioritized for free for low-income, people of color (POC), disabled, single-parent and LGBTQ+ families.
- Black Maternal Health Organization Member

#### Parker T. Hurley

- Parker Hurley is both a LCSW and a birth doula
- LGBTQ+ friendly birth doula and LCSW in Durham, Orange, Wake & surrounding areas.
- [Contact Email](#)

#### Peace and Serenity Partners in Parenting

- The Triangle's first Queer and Person of Color owned Doula and Nanny Agency specially designed to provide support and education for Queer and/or Colorful Families and Allies. All-inclusive and full-service Doula Services Agency that serves families throughout Durham, Raleigh, Apex, Cary, Hillsborough and Fayetteville areas.
- [Contact Email](#)

#### Fertility

UNC Fertility: [Understanding fertility and LGBTQ Family Building](#)

#### Feeding & Speech

##### Holly Springs Feeding & Speech

- **Jill Odle, MS CCC-SLP, IBCLC**
  - Holly Springs Office, 500 Holly Springs Road, Suite 103, Holly Springs, NC 27540
  - Raleigh Office, 8300 Health Park, Suite 325, Parking Entrance A, Raleigh NC 27615
  - P: 919-297-2997

#### IBCLC's

##### Beyond Birth Lactation with Leslie Stern

- Durham CNM, IBCLC offering non-judgmental Breastfeeding and Chestfeeding support to all types of families. [Contact Email](#) 919138118781

##### Bliss At The Breast (BATB) with Jessica Altemara

- Lactation Service (IBCLC/LC/etc.) Business Owner, Community Group Representative, IBCLC, Instructor/Educator, LGBTQI Equality Advocate, Tongue Tie Expertise, Nervous system regulation in improvement of feeding. [Contact Email](#)

##### Mattea Alexander with [Mattea's Lactation Services](#)

- LGBTQ+ friendly/identified
- discounts available for low income, refugees, sliding scale, and provides an insurance reimbursement form Telemedicine
- Spanish, English

##### Victoria Facelli, IBCLC

- Currently only in practice at [Holman Family Dental Care](#) as part of the infant feeding evaluation team.
- Durham based, with emphasis on LGBTQ+ families

##### Teaching Babies to Nurse with [Ellen Chetwynd](#), PhD MPH BSN IBCLC

- Lactation Service
- LGBTQ+ friendly

#### Mental Wellness

##### Birch Counseling Durham

- [meg.hamilton@birchcounselingdurham.com](mailto:meg.hamilton@birchcounselingdurham.com)
- [sarah.dunsmore@birchcounselingdurham.com](mailto:sarah.dunsmore@birchcounselingdurham.com)
- 919-813-0218

##### Kayce Hodos LPC

- Providing virtual counseling sessions. Inclusive and welcoming to all. Trained in the treatment of perinatal mood and anxiety disorders. Member of the secular therapy project. Member of PSI.
- [Contact Email](#)

#### Fields Family Psychiatry

- Fields Family Psychiatry, PLLC is a small psychiatric practice dedicated to the mental health of children, adolescents, and adults. In addition, we have particular expertise in the care and treatment of pregnant and postpartum parents (including while breastfeeding), the care of LGBTQ

individuals including the care of gender dysphoria, and the treatment of adolescents and young adults.

### **Other**

[Go Diaper Free Coach: Amber](#)

- Parent Education, Advocacy Group Leader, Elimination Communication and Potty Training Coach, 919-282-4433, consultations/meetings/classes online

### **Parent Education Class**

[Nchealthywoman.org](http://Nchealthywoman.org)

- **4th Trimester: life with a newborn** with Julie Cooper
  - UNC's newborn care classes (4th Trimester: life with a newborn) with Julie Cooper. Committed to making newborn care classes inclusive and as gender neutral as possible

### **Pediatric Occupational Therapist**

**Empower Therapy, PLLC**

- Jessie Gentz, OTR/L: 3500 Brightwood Lane Durham NC 27704, 855 S. Beckford Ave Henderson, NC
- Phone: 919-813-0029

### **Peer to Peer Lactation Support**

[La Leche League \(LLL\)](#)

- LLL of Durham supports all breastfeeding, chestfeeding, and human milk feeding families, inclusive of their race, ethnicity, immigration status, national origin, creed, age, sexual orientation, gender identity, family structure, primary language, ability, or socio-economic status. Due to COVID-19, meetings will be ONLINE until further notice.
- La Leche League Leaders who are LGBTQI Equality Advocates, Parents, and Racial Equity Advocates: Amber – 919-282– 4433;

[Nursing Mothers of Raleigh \(NMR\)](#)

- Elaina Lee: A volunteer with NMR since 2001 and has enjoyed breastfeeding her own 3 children. Practices Family Medicine and enjoys sharing breastfeeding knowledge and experience with her patients and the families who come to NMR for information and support. Serves as a member of the Triangle Breastfeeding Alliance (TBA) and the NC Breastfeeding Coalition (NCBC), and has helped plan the annual TBA Conferences and Art of Breastfeeding Conferences for several years. Collaborates with a multitude of providers to increase equity for LGBTQ+ Families. 919-559-8689

### **Peer to Peer Milk Sharing**

- [Eats on Feets](#)
- [Donor Breast Milk](#)
- [Triangle Milk Share](#)

### **Pelvic Health PT**

[Alicia Hess](#) at UNC Chapel Hill & Durham locations

[Jennifer Harrington](#) at various UNC Therapy Services locations

### **Playgroups**

Queer Families Playgroup through [LGBTQ Center of Durham](#):

- Playgroup (for parents with kids under 7) facilitated by Megan Rowell [Contact Email](#)

### **Prenatal Care**

[UNC Midwives](#) practice is an LGBTQ affirming practice in our entirety. We are located in two places: at UNC OBGYN at Weaver Crossing (Chapel Hill ) and in Cary. We provide comprehensive annual and problem-GYN, prenatal and labor and birth care for people who desire/need that care, regardless of their gender identity or sexual orientation. We actually have several midwives who are IBCLCs. I like to think that we have extensive complimentary breastfeeding knowledge that supports our comprehensive midwifery and GYN care. Three of us serve as consultants on the breastfeeding medicine service consult pager, and Amy Davenport sees clients in Allison Stuebe's Breastfeeding Medicine clinic.

- [Amanda O-Briant](#) WHNP, IBCLC and CNM. LGBT+ identified/very supportive:
- [Amy Davenport](#) CNM, LC, very LGBT+ supportive, serves on the breastfeeding medicine consult service

[Tiffany Covas](#)

- Family practitioner who births babies and supports trans families at [Duke Family Medicine Center](#)



## **Primary Care Practices**

Elaina Lee, MD at [Family Care, PA](#)

- Family Medicine visits with interest in breastfeeding for patients of Family Care, PA. President of Nursing Mothers of Raleigh and a member of NCBC. Very interested in connecting with more people in the LGBTQ+ community to educate them about and help them with breastfeeding/chest feeding/human milk feeding. [Contact Email](#) 919-544-6461

Hayden Shafer at [UNC Family Medicine](#)

- Family Medicine physician in Chapel hill, LGBTQ Safe Zone Trained
- [Contact Email](#) 984-974-0210

## **Mosaic Comprehensive Care**

- Primary, gynecological, and transgender services
- 919-240-7269

Piedmont Health

- <https://www.piedmonthhealth.org>
- Offers Prenatal care and transgender care Durham, Orange, Wake & surrounding. Piedmont Health offers Prenatal care and transgender care, though I don't have a contact there. We imagine someone would be interested in lactation support services.

Sally R. Johnson at [UNC Family Medicine Southpoint](#)

- LGBTQ+ 919-361-2644

Tiffany Covas

- Family practitioner who births babies and supports trans families at [Duke Family Medicine Center](#)

## **Organizations**

- [PFLAG Triangle](#)
- [LGBT Center of Raleigh](#)
- [LGBTQ Center of Durham](#)

# Coalición Pro-Lactancia Hispana

<https://breastfeeddurham.org/spanish-speaking-families/>

La misión de la Coalición Pro-Lactancia Hispana de Breastfeed Durham es apoyar a la lactancia materna y la alimentación con leche humana en la población Latinx de Durham y las áreas cercanas creando recursos y esfuerzos de abogacía para las familias hispanohablantes. ¿Conoce algún recurso u organización que abogue por las familias hispanohablantes/latinas en nuestra comunidad? ¡Nos gustaría escuchar sus sugerencias! Por favor envíenos un mensaje a través de correo electrónico a <[nicola@breastfeedingcommunities.org](mailto:nicola@breastfeedingcommunities.org)> y comparta con nosotros como mejor apoyar a las familias hispanohablantes/latinas en nuestra comunidad.



## Recursos

Para el Periodo Prenatal

- **Listos, Preparados, Bebé**
  - Clase de educación prenatal virtual gratis
  - El sitio de web de [Listos, Preparados, Bebé](#) proporciona más información
- **Grupo Comunitario Prenatal Latinx**
  - Este [grupo comunitario perinatal latinx](#) en español es para personas embarazadas o con un bebe recién nacido
  - Se reúne el segundo jueves de cada mes de 11 am a 12pm a través de Zoom
  - Envíe un correo a Anne Fields, LCSW, por [aaf27@duke.edu](mailto:aaf27@duke.edu) para registrarse o referir
- **Centro de Educación del Hospital de Mujeres de Carolina del Norte**
  - Ofrece información y recursos sobre la salud de la mujer. Se dedica especialmente al preparar a las familias que estén esperando bebé para que tengan un embarazo saludable, para que estén mejor preparadas para el momento del parto y para el cuidado después de tener al bebé
  - Encuentra más información [aquí](#)

## Para la Lactancia y el Periodo Posparto

Materiales educativos

- **Listos, Preparados, Bebé**
  - [Una guía](#) para darle la bienvenida al nuevo miembro de la familia
- **La lactancia y el trabajo**
  - [Empleadores que apoyan a las familias que amamantan](#)
  - [Apoyo a los espacios para la lactancia en el lugar de trabajo](#)
  - [Mamás lactantes que regresan al trabajo o a la escuela](#)
  - [Promoción de espacios para la lactancia materna](#)
  - [Miembros de la familia que apoyan la lactancia materna](#)
- **Oficina para la Salud de la Mujer**
  - [Educación y recursos](#) para la lactancia materna
- **Folletos de información** sobre varios tópicos:
  - [El Alcohol y la Lactancia Materna](#)
  - [Cómo Manejar la Producción de Leche](#)
  - [Sueño Normal de los Bebés y Lactancia](#)
    - Más sobre el sueño del bebé:  
<https://www.basisonline.org.uk/basis-information-sheets/>
  - [El Almacenamiento de la Leche Materna](#)
  - [Medicamentos de Venta Libre Mientras se está Lactando](#)
  - [Los Estudios Radiológicos Durante la Lactancia Materna](#)

- [El Hábito de Fumar y la Lactancia Materna](#)
- [Alimentos Sólidos para el Bebé Lactante](#)
- [Destetar a su Bebé Lactante](#)
- [El Tiempo de Descanso Según la ley Federal para las Madres Lactantes en el Trabajo](#)
- [Rechazo del Biberón](#)
- [¡Ayuda, Mis Pechos Están Hinchados y Sobrecargados!](#)
- [El Trabajo y la Lactancia](#)
- [Recursos educativos sobre lactancia Folletos para padres– Folletos en español](#)
- [La lactancia y tu estilo de vida](#)
- [Señales de hambre](#)
- [Almacenamiento y preparación de la leche materna](#)
- **Videos educativos** sobre la lactancia y sus desafíos:  
[https://globalhealthmedia.org/topic/breastfeeding/?\\_sft\\_language=spanish](https://globalhealthmedia.org/topic/breastfeeding/?_sft_language=spanish)
- **La salud general en el “cuarto trimestre”**
  - Proyecto 4to trimestre
    - Está cambiando la forma en que tratamos a las nuevas mamás en los Estados Unidos
    - Visita [SaludMadre.com](http://SaludMadre.com) para aprender más
  - Armonía Health
    - Un centro en Durham que ofrece acupuntura, masaje corporal y abdominal, sanación energética espiritual, consultas herbales, y sesiones de coaching para la salud física, emocional/mental y espiritual.
    - Llama/Textea/Whatsapp al celular (919) 809-0576 para citas e informes o directamente al terapeuta, o visita la [página web](#)
- **La crianza de los niños**
  - Esta página web fue creada por pediatras y tiene información y sugerencias sobre la crianza de los niños: <https://www.healthychildren.org/spanish/paginas/default.aspx>
- **Evidencia científica sobre la lactancia humana**
  - Las investigaciones científicas demuestran que la lactancia materna [ofrece muchos beneficios](#) saludables para mamá y bebé. Sin embargo, puede ser difícil manejar la lactancia materna en la vida diaria
  - La Organización Mundial de la Salud informa que la lactancia materna es la forma ideal de alimentar a los niños pequeños con los nutrientes importantes para el crecimiento y desarrollo saludable y también recomienda el contacto inmediato de [piel con piel](#) para lograr la supervivencia de los bebés pequeños y prematuros
  - Datos sobre la [Salud Mental De Los Hispanos](#)
    - *Puede encontrar recursos de apoyo para la salud mental más abajo*
- **La Liga de la Leche**
  - [La Leche League USA \(LLL USA\)](#) ayuda a madres y padres, familias y comunidades a facilitar la lactancia y leche humana para sus bebés a través de una red de progenitores
  - A través de WhatsApp, existe un grupo de apoyo llamado “La lactancia materna”. Para más información, comuníquese con voluntaria Wendy Mateos a (910) 638-3985 o Jasmine a (919) 357-2193
  - También se puede encontrar más información sobre la lactancia en esta página de [Facebook](#)
- **Family Connects Durham**
  - Family Connects Durham es un programa comunitario de visitas domiciliarias de enfermeras para todos los padres de recién nacidos, independientemente de sus ingresos o nivel socioeconómico
  - Contacto:
    - (919) 599-7349 (llamada o texto)
    - [Página web](#)
- **WIC (Women, Infants, and Children)**
  - Si está utilizando los servicios de WIC, puede obtener apoyo con la lactancia por teléfono
    - Llama a la línea directa 919-956-4595
    - El grupo de WIC le anima a dejar un mensaje de voz si alguien no está disponible para atender su llamada
- **Liz Chang**
  - [Liz Chang](#) (908) 938-5320 ofrece una hora gratis de consejería de lactancia a través de Telehealth para familias hispanoamericanas. Servicios en español.
- **La Crianza: Más Fácil Juntos**
  - Únase a una comunidad de padres que se apoyan mutuamente

Apoyo

- [Un programa gratuito](#) que sirve a personas que no hablan inglés y/o que ganan menos de \$45,000 al año
- **NCDHHS: Promoción y Apoyo a la Lactancia Materna**
  - Puede encontrar más recursos a través de esta página web: <https://www.ncdhhs.gov/ncbreastfeeding>
- **Welcome Baby Durham**
  - Apoyo para padres, armario de ropa, y sesiones sobre seguridad en el asiento del automóvil
  - [Página de Facebook](#)

#### Para la Salud Mental

- **La línea de emergencia 988 para Suicidio y Crisis**
  - Una línea nacional de acceso directo que se lanzó en todo Estados Unidos el 16 de julio de 2022 para satisfacer las crecientes necesidades de atención en salud mental del país. Al llamar o enviar un mensaje de texto al 988, las personas pueden comunicarse con un consejero capacitado en un centro de crisis cercano a ellos. También las personas pueden visitar [988lifeline.org](https://988lifeline.org) para comenzar una sesión de chat en vivo. Los veteranos, los miembros de las fuerzas armadas y sus familias pueden llamar al 988 y presionar 1 para hablar con un alguien del personal de la Línea de Emergencia para Veteranos (Veterans Crisis Lifeline) que esté capacitado en intervención en crisis y cultura militar
- **El Futuro**
  - Una clínica ambulatoria sin fines de lucro que brinda servicios integrales de salud mental para familias latinas en un ambiente bilingüe de sanación y esperanza. Puede conectarse a través de su [página de web](#)

#### Para la Salud Física

- **Servicios de Terapia de Raleigh**
  - Fisioterapeutas hispanohablantes – encuentra más información [aquí](#)

#### Para pañales, ropa, y más

- [Welcome Baby](#) (919) 560-7150
  - 721 Foster St., Durham, NC 27701
- **Banco de pañales de NC** <https://ncdiaperbank.org/>

#### Para la alimentación

- **Bancos de comida**
  - Envíe un mensaje de texto al 877-877 con la clave COMIDA o FOODNC
  - End Hunger Durham <https://www.endhungerdurham.org/food-pantries>
  - Iglesia Emanuel <https://emanueldurham.org/Food-Pantry.html>
  - [Durham FEAST \(DPS\)](#)
  - El Centro Hispano <https://elcentronc.org/>
  - División de Servicios Sociales <https://www.ncdhhs.gov/divisions/child-and-family-well-being/food-and-nutrition-services-food-stamps>
  - Equipo de gestión a la atención del embarazo (OBCM) en DCHD- llamar a Liz Stevens o Becky Williamson (919) 560-7605 o (919) 560-7854 o visita <https://www.cabarrushealth.org/156/3367/Care-Management-for-High-Risk-Pregnancy->
- **Cupones de alimentos (Food Stamps/SNAP):** El programa ‘Mas En Mi Canasta’ (888) 382-7105 ofrece asistencia con la solicitud de SNAP
- **Programa de productos frescos:** Este programa de Duke entrega productos frescos (verduras, frutas, frijoles, etc) gratis a su hogar cada dos semanas
  - Llena este formulario para inscribirse en el programa [https://duke.qualtrics.com/jfe/form/SV\\_2cvtLbiUNke5RYx](https://duke.qualtrics.com/jfe/form/SV_2cvtLbiUNke5RYx)

#### Para las Finanzas

- **Aplicar para Medicaid:** Dirija preguntas a su contacto asignado a su caso sobre los pasos a seguir para registrar su bebé en Medicaid. La línea de análisis de elegibilidad es (919) 613-9683. Puede comunicarse antes de que el hospital le dé de alta. Puede someter aplicaciones para Medicaid a través de la [página de internet](#) o completando la aplicación en la oficina de DSS. Si necesita asistencia con su aplicación, puede contactar a LATCH (919) 613-6509.
- **Asistencia Financiera de Emergencia:**
  - El Centro Hispano Fund <https://elcentronc.org/community-support/>
  - Siembra NC <https://www.siembranc.org/esp/inicio>
  - **Servicios de crisis de Durham County** (919) 560-8000 o (919) 560-8301
    - Servicios prestados: renta, utilidades, asistencia alimentaria de emergencia temporal, entierros, pases de autobús, asistencia con medicamentos recetados
- **Ayuda con deudas de hospital:**

- Duke Charity Care  
<https://www.dukehealth.org/paying-for-care/asistencia-de-facturacion-y-ayuda-caritativa>

#### Para el Cuidado de Niños

- **Child Care Services Association** [childcareservices.org](http://childcareservices.org): Búsqueda gratuita en línea de cuidado infantil grupal y en la oficina opciones para obtener ayuda para pagar el cuidado infantil
- **Healthy Children**
  - Recurso para padres de la Academia Estadounidense de Pediatría
  - <https://www.healthychildren.org/spanish/paginas/default.aspx>
- **Safe Kids**
  - Sitio web con muchos consejos de seguridad e información para familias
  - <https://www.safekids.org/node/585>
- **Ciudad de Durham**
  - [Página web](#) tiene recursos acerca de servicios públicos en Durham

#### Para la Crianza

- **Durham Mocha Moms** – Apoyo para madres de color y madres que crían niños de color. Encuentra más información a través este [enlace](#)
- **Bright by Text**
  - Comparte consejos útiles, actividades y eventos basados en la edad de su hijo y su código postal
  - Encuentra más información [aquí](#)
- **Triple P Positive Parenting**
  - Información de disciplina positiva en línea y consultas gratuitas en el hogar
  - [Página web](#) con más información
- **Love is Respect**
  - Sitio web y servicios de apoyo para involucrar, educar y empoderar a los jóvenes para prevenir y poner fin a las relaciones abusivas
  - <https://espanol.loveisrespect.org/>

#### Para la Paternidad

- **National Responsible Fatherhood Clearinghouse**
  - Consejos, sugerencia y programas sobre la paternidad
  - <https://www.fatherhood.gov/en-espanol>


#### Información sobre COVID-19 y la Maternidad

- Video sobre la lactancia materna en el tiempo de COVID-19:  
<https://www.youtube.com/watch?v=TNznQQN64WU&feature=youtu.be>
- Preguntas frecuentes sobre la lactancia humana y COVID-19:  
[https://www.who.int/docs/default-source/coronaviruse/breastfeeding-covid-who-faqs-es-12may2020.pdf?sfvrsn=f1fd92c\\_8](https://www.who.int/docs/default-source/coronaviruse/breastfeeding-covid-who-faqs-es-12may2020.pdf?sfvrsn=f1fd92c_8)
- Evidencia científica sobre COVID-19 en el embarazo, parto y puerperio:  
<https://www.who.int/es/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19-pregnancy-and-childbirth>
- Evidencia científica sobre las vacunas contra COVID-19 en el embarazo:  
<https://espanol.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>

# **Making It Work**

## Breastfeeding Moms Returning to Work or School





## **Making It Work:** Breastfeeding Moms Returning to Work or School

You **CAN** breastfeed after you  
return to work or school.  
Here's how!

Suggested citation: NC Department of Health and Human Services, Division of  
Public Health. 2020. *Making It Work: Breastfeeding Moms Returning to Work or School*.  
Raleigh, North Carolina.

North Carolina's Making It Work tools, adapted with permission from the New York  
State Department of Health, provide essential information for employers, mothers,  
their families, and community advocates to support breastfeeding.

## Benefits of Breastfeeding<sup>1</sup>

### Research studies show that breastfed babies:

- Have fewer ear infections and respiratory infections
- Have fewer digestive problems and are less likely to be constipated
- Are less likely to develop cancer or diabetes in their lifetime
- Are less likely to be obese later in life
- Are less likely to die from sudden infant death syndrome (SIDS)



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE

### Research studies show moms who breastfeed:

- May be more likely to burn up to 500 calories a day, which helps moms return to their pre-pregnancy weight
- Have a reduced risk of postpartum mood disorders
- May be less likely to develop breast cancer or ovarian cancer
- May be less likely to develop type 2 diabetes and cardiovascular disease

*“At first it was tough just to be away from baby and having to pump every 2–3 hours to keep up with her nursing schedule, but eventually it got easier. I had a lot of support from my supervisor and co-workers. I could close my office door and pump anytime I needed to. It also helped that I had another co-worker breastfeeding and pumping at the same time as me, so we would take our breaks together and pump.”*

—Full-time working mom, Robeson County

1. Victora C, Bahl R, Barros A, França G, Horton S, Krasevec J, Murch S, Sankar M, Walker N, Rollins N. Breastfeeding in the 21st century: epidemiology, mechanisms, and lifelong effect. *The Lancet*. 2016; 387(10017), 475–490.



## Breastfeeding Support at Work Is Your Right

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It's the law. The Affordable Care Act was signed into law on March 23, 2010. Section 7 of the Federal Labor Standards Act (FLSA) requires employers to provide nonexempt (hourly) employees the following:

- Reasonable break time for an employee to express breast milk for her nursing child for up to one year after birth
- A private place that is not a bathroom that is shielded from view and free of intrusion from co-workers and the public\*

In North Carolina, the NC Office of State Human Resources Lactation Policy for state employees, effective July 1, 2010, states, "It is the policy of North Carolina State Government to assist working mothers with the transition back to work following the birth of a child by providing lactation support. A lactation support program allows a nursing mother to express breast milk periodically during the work day."

For more information, visit: [oshr.nc.gov/policies-forms/workplace-wellness/lactation-support](http://oshr.nc.gov/policies-forms/workplace-wellness/lactation-support).

Don't be afraid to ask for support to continue breastfeeding after you return to work. It's your right!

You can learn more about these laws at: Wage and Hour Fact Sheet #73 "Break Time for Nursing Mothers under the FLSA": [dol.gov/agencies/whd/nursing-mothers](http://dol.gov/agencies/whd/nursing-mothers)

\*Businesses employing fewer than 50 people may file for an undue hardship exemption.

## Breastfeeding Support Is Good for Business<sup>2</sup>

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A supportive breastfeeding-friendly work environment, with adequate facilities, helps to enable mothers to continue breastfeeding after returning to work. Breastfeeding-friendly policies are also good for business. Companies across America have learned that lactation accommodations at work produce a 3 to 1 return on investment which is attributed to:

- Lower health care costs
- Reduced absences related to child illness
- Lower turnover rates
- Improved employee productivity and loyalty

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2. The Business Case for Breastfeeding. 2008. Washington, D.C. U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Health Bureau. [womenshealth.gov/files/documents/bcfb\\_business-case-for-breastfeeding-for-business-managers.pdf](http://womenshealth.gov/files/documents/bcfb_business-case-for-breastfeeding-for-business-managers.pdf)

## You CAN Breastfeed and Work

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Lots of moms breastfeed after going back to work. Here are some of their tips for making it easier.

### During Pregnancy

- Tell your supervisor you plan to breastfeed. (See “My Lactation and Work Plan” on page 18.)
- Attend a breastfeeding class provided by the hospital, local WIC agency, or a community group, such as a La Leche League. Invite your partner, mother, and other support people in your family so they will know how to help.
- If you have an option of where you will deliver your baby, choose to give birth in a facility that is breastfeeding-friendly. Explore options in your area by visiting [babyfriendlyusa.org](http://babyfriendlyusa.org) or [nutritionnc.com/breastfeeding/bf-mat-center-awardees.htm](http://nutritionnc.com/breastfeeding/bf-mat-center-awardees.htm).



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE

### During Maternity Leave

Get breastfeeding off to a good start in the first month so you'll have more options when you return to work. Here's how:

- Try to take at least 6 weeks of maternity leave, if possible, so you can recover from childbirth. This will give you and baby a good start to breastfeeding.
- Feed baby directly from the breast for at least 4 weeks or more so your body will build a strong foundation for making milk.
- Breastfeed whenever baby shows feeding cues or at least 8 times every 24 hours.
- Try to avoid using pacifiers or bottles during the first month. Early introduction of bottles could lead to difficulty with latching and/or low milk supply. You also don't want to miss any of baby's feeding cues.
- Many employers offer paid parental leave. In North Carolina, many state employees who give birth are eligible for 8 weeks of paid maternity leave. For more information, visit: [oshr.nc.gov/state-employee-resources/benefits/work-life-balance/paid-parental-leave](http://oshr.nc.gov/state-employee-resources/benefits/work-life-balance/paid-parental-leave)

### Before Returning to Work

- About 2 weeks prior to returning to work, introduce 1 to 2 pumping sessions per day to adjust yourself to pumping. A good time to pump is after morning feeding times or when your breasts feel fuller.
- About 2 weeks prior to returning to work, begin feeding baby breastmilk from a bottle. To learn more, visit: [sph.unc.edu/CGBI/responsive-feeding](http://sph.unc.edu/CGBI/responsive-feeding).



- Remember that pumping takes practice. Don't be surprised if you only get a little milk the first few times. Babies are usually much better at removing milk.
- Store any milk you collect in milk storage bags or food grade containers (pasta sauce jars, ice cube trays, mason jars). Milk storage bags work best to maximize refrigerator/freezer space. Baby may not take a large amount at a feeding, and your milk is too valuable to waste!
- Discuss your breastfeeding plans and wishes with your child care provider(s). For more information on what to ask your child care provider(s), visit: [nutritionnc.com/breastfeeding/docs/ParentGuide.pdf](https://www.nutritionnc.com/breastfeeding/docs/ParentGuide.pdf).

- Ask a WIC peer counselor or breastfeeding coordinator, a lactation consultant, or a healthcare professional for support and guidance on how to keep your milk production strong, especially if you must return to work sooner than anticipated. They can also help you decide whether you need a breast pump and which kind is best for you.

**Remember: Every drop of your milk is important. Be proud of any amount of breastfeeding you and baby can enjoy!**

### Guidelines for Handling and Storing Your Milk<sup>3,4</sup>

Location	Duration Good for:	Guidance
Countertop, table	up to 4 hours if fresh; 1-2 hours if thawed, previously frozen	Cover containers and keep them as cool as possible; covering the container with a cool towel may keep milk cooler.
Insulated cooler bag	up to 24 hours	Keep ice packs in contact with milk containers at all times; limit opening cooler bag.
Refrigerator	up to 4 days if fresh; up to 1 day if thawed, previously frozen	Store milk in the back of the main body of the refrigerator.
<b>Freezer</b>		
Freezer compartment of a refrigerator	up to 2 weeks	Store milk toward the back of the freezer where temperature is most constant.
Freezer compartment of refrigerator with separate doors	up to 6 months	
Separate deep freezer, chest or upright	up to 12 months	
<b>Leftover milk from a feeding (baby did not finish the bottle): Use within 2 hours after the baby is finished feeding, or discard it.</b>		

3. Academy of Breastfeeding Medicine. (Revised 2017) Clinical Protocol Number #8: Human Milk Storage Information for Home Use for Healthy Full-Term Infants. Princeton Junction, New Jersey: Academy of Breastfeeding Medicine.

4. Proper Storage and Preparation of Breast Milk. Centers for Disease Control and Prevention website. [cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm). Updated August 6, 2019. Accessed August 27, 2019.

## Remember<sup>4</sup>

- If there is unfrozen milk, use that first. If you are using frozen milk, be sure it is still good based on the guidelines for storing and handling. Also check to see if there is milk that is close to expiring that needs to be used first.
- If you will be adding fresh milk to a container of frozen milk, refrigerate it first since fresh milk is warm and can cause frozen milk to begin thawing.
- Thaw frozen milk in the refrigerator or under warm water. NEVER microwave breast milk.
- Once milk is warmed, use it immediately.
- Do not re-freeze milk once it has been thawed.



## Preparing Baby

- About 2 weeks prior to returning to work, begin feeding baby breastmilk from a bottle. Some ideas to try:
  - Only put a small amount of breast milk (around 1 oz.) in the bottle. These are practice tries right now.
  - Offer it when baby is not super hungry or upset. Some babies are more eager to try something new if they are a little sleepy.
  - Ask someone else to offer the bottle. Babies often prefer to nurse when they are with mom.
  - Don't force baby to accept a bottle. If baby refuses, try again later.
  - To learn more, visit: [sph.unc.edu/CGBI/responsive-feeding](http://sph.unc.edu/CGBI/responsive-feeding).
- Some babies prefer a cup, dropper, or spoon. Some babies “reverse cycle feed.” This means they reverse the times they eat by breastfeeding more when mom is at home and may not take much when mom is away. This is normal, as long as baby gets at least 8 feedings every 24 hours.
- Check the list of North Carolina childcare centers that support breastfeeding moms: [nutritionnc.com/breastfeeding/bf-childcare-awardees.htm](http://nutritionnc.com/breastfeeding/bf-childcare-awardees.htm)

## Getting Support from Family

- Be sure to let family members know how important it is that you are supported in your decision to breastfeed.
- Share the booklet “Making It Work: Family Members Supporting Breastfeeding” available at [ncbfc.org/making-it-work](http://ncbfc.org/making-it-work).
- Connect with friends who are also breastfeeding to get support, or join a mothers group in your community.



# Making It Work

## Breastfeeding Moms Returning to Work or School

### My Checklist for Breastfeeding and Working

#### During pregnancy and maternity leave

- Talk with my supervisor about my needs during my pregnancy. (See “How to Talk with Your Supervisor” on page 13.)
- Use “My Lactation and Work Plan” on page 18 to decide with my supervisor the best options for time and space for nursing breaks.
- Learn all I can about breastfeeding during my pregnancy.
- Breastfeed exclusively when I am home with my baby.
- Ask my doctor or local WIC program about whether I will need a breast pump, and what kind will best meet my needs. Practice during the mornings or when I have the most milk.
- If I do need a breast pump, I will talk with my local WIC program or insurance provider about eligibility for a breast pump.
- Find a breastfeeding-friendly child care provider.
- Talk with my family and friends about how they can support me.
- Do a “trial run” to practice leaving baby with a care giver and expressing milk during the day.
- Call my supervisor while I am on maternity leave and confirm my lactation and work plan.
- Return to work proudly!
- Call my WIC peer counselor or breastfeeding coordinator, a lactation consultant, or another mom who has expressed milk at work to share experiences and get support.



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# Making It Work

## Breastfeeding Moms Returning to Work or School

### My Daily Checklist

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#### Post on refrigerator

##### The Night Before:

- Pack a bag of supplies for child care with bottles/cups of expressed milk, outfits, diapers, wipes. (Ask a family member to help!)
- Clean breast pump parts. (Ask partner to help.)
- Pack clean breast pump parts, pump, and cooler and set by the door.
- Prepare my lunch with healthy snacks.
- Set out clothes I will wear to work the next day.

##### In the Morning:

- Nurse baby before leaving for work.
- Items to take to child care: diaper bag and cooler bag with expressed breast milk.
- Items to take to work: lunch, breast pump, clean containers for breast milk, and cooler bag.



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## Expressing Milk at Work

### A Place to Express Milk

Before returning to work, discuss with your supervisor where the most appropriate place is to take nursing breaks. Ask if your employer has a lactation room already set up. If no room is available, provide suggestions for spaces that might work. Let your employer know that the space should have an electrical outlet and, if possible, have a sink close by. Remember, a bathroom is not acceptable.

Try these ideas:

- Private office of the manager or another worker
- Conference room or small room not used very often
- Small closet or storage area converted to a lactation space
- Dressing room of a retail store
- Partition in the corner of a room
- Space that can be shared with other offices or stores

### SPECIAL TIP TO TRY Finding Space to Express Milk

Look for a space in your work area. This might be an odd-shaped area that is not used much, but could easily be sectioned off with a partition or wall as a small lactation area.



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE

### SPECIAL TIP TO TRY Hands-Free Pumping

If you'll be using a double electric pump to express milk from both breasts at the same time, you can keep your hands free to snack or do other things. You can purchase a "hands-free" pumping bra, or make your own by cutting small holes in the middle of an inexpensive sports bra.

Want to know more?

Visit [kellymom.com/bf/pumpingmoms/pumping/hands-free-pumping](http://kellymom.com/bf/pumpingmoms/pumping/hands-free-pumping)

## A Place to Store Your Milk

Your milk can be stored in an insulated lunch bag, a small cooler, or in a regular refrigerator until you can take it home to baby.

## Finding Time

- Typically, a mother pumps around the time her baby would normally breastfeed, possibly every 2–3 hours.
- If you're using a "double" electric pump that expresses from both breasts at the same time, it may take around 20–30 minutes to pump. Expressing by hand or with a manual pump will take longer. Be patient. You will get more efficient with practice.
- Use your regular breaks and meal period to express milk. If you clock in and out and find you need a little extra time, talk with your supervisor about coming in a few minutes early or staying a few minutes later to make up the time. Some moms eat their lunch or dinner while they pump.
- In a restaurant or retail store, express milk when business is slower, or ask about working a "split shift." This means you work during the busiest periods (ex: lunch and dinner at a restaurant) and go home between those busy periods. Or ask if a family member can bring baby to you to breastfeed directly.
- In a factory, "floaters" may be used to cover your work station while you are expressing milk.
- If you don't have a co-worker who can cover for you while you are taking a break to express your milk, ask if you can post an "I'll Be Back Later" sign while you'll be away. Or ask if you can bring your young infant to work with you. Visit: [babiesatwork.org](http://babiesatwork.org).



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE

## SPECIAL TIPS TO TRY

### How Often to Pump

Count the number of times your baby usually breastfeeds every 24 hours. This is your "magic" number to keep steady once you return to work.

For example, if baby usually breastfeeds 10 times every 24 hours, you will need to either breastfeed or express your milk a total of 10 times every 24 hours once you are back at work. This might mean you breastfeed 6 times and express milk 4 times for a total of 10, or once every 2 hours or so. Keeping your magic number steady will ensure your milk production stays high, even when you are away from baby.

*(Concept by Nancy Mohrbacher)*

### Feel Close

Many mothers find that their milk flows easier when they are able to feel close to their baby while they are away.

- Bring something with baby's smell on it, such as a soft baby blanket or a baby shirt.
- Record baby's noises on your phone.
- Look at photos of baby (prints or photos on your phone).



## Sample Pumping Schedules

**Note:** These are examples only and may not reflect all of the feedings your baby requires each day. Each woman's needs and work schedule are different. Talk with your supervisor to find a schedule for nursing breaks that will work best for you.

### Typical day job

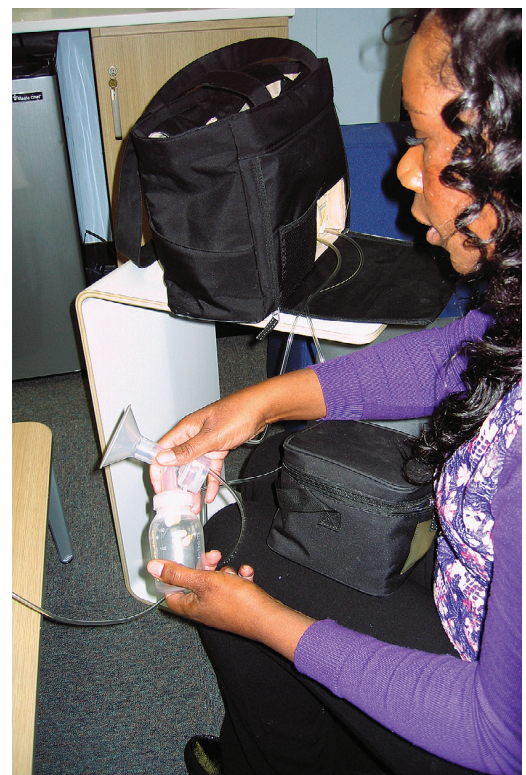
- 7:15 a.m. Drop baby off with childcare provider; feed baby one last time
- 8:00 Arrive at work
- 10:00–10:20 Break—express milk (eat a nutritious snack)
- 12:00–12:30 Lunch break—express milk while eating
- 2:30–2:50 Break—express milk (eat a nutritious snack)
- 5:00 p.m. End work
- Feed baby at childcare provider before going home

### Job with afternoon/evening shift (Ex: Retail)

- Morning Feed baby at home
- 12:30 p.m. Leave baby with childcare provider; feed baby before leaving
- 1:00 Arrive at work
- 3:00–3:20 Break—express milk (eat a nutritious snack)
- 6:00–6:30 Meal break—express milk while eating
- 8:30–8:50 Break—express milk (eat a nutritious snack)
- 10:00 p.m. End work
- Breastfeed baby at childcare provider before going home

### Job with split shifts (Ex: Restaurant)

- 10:30 a.m. Leave baby with childcare provider; feed baby before leaving
- 11:00 Arrive at work
- 2:00 Leave work; feed baby at childcare provider before going home
- 4:00 Feed baby at home
- 4:30 Return to work
- 7:00–7:20 Break—express milk (eat a nutritious snack)
- 10:00 p.m. End work
- Breastfeed baby at childcare provider before going home



*“Coming back from maternity leave was so much easier just knowing that I had accommodations [at work] and there was a place that I could pump.”*

—Elementary School Teacher, Wake County

## How to Talk with Your:

### Supervisor

- Don't be afraid to talk with your supervisor about your needs. They'll never know if you don't tell them, and most are happy to support you.
- Share "My Lactation and Work Plan" on page 18.
- Share a copy of "Making It Work: Employers Supporting Breastfeeding Families" [ncbfc.org/making-it-work](http://ncbfc.org/making-it-work) for ideas on how to support breastfeeding employees.
- Tell your supervisor about your needs before you have your baby so there is time to make arrangements while you are away.

### Did You Know?

If your supervisor refuses to provide accommodations, you can file a complaint with the U.S. Department of Labor Wage and Hour Division (WHD) by calling the toll-free WHD number 1-800-487-9243 or by visiting [dol.gov/whd](http://dol.gov/whd). Follow instructions here: [usbreastfeeding.org/p/cm/ld/fid=245](http://usbreastfeeding.org/p/cm/ld/fid=245)

### Co-Workers

- Bring baby to meet your co-workers so they can fall in love with your baby, too.
- Explain that expressing milk is important so you can give important health benefits to your baby. Let them know their support will make it work for everyone.
- Tell them that research shows breastfeeding women miss less work, and companies save on health care costs because babies are healthier. (See "Making It Work: Employers Supporting Breastfeeding Families" at [ncbfc.org/making-it-work](http://ncbfc.org/making-it-work).)
- Explain that you will be taking your usual breaks to express milk and making up extra time needed.
- If co-workers need to cover for you while you are out, return the favor when co-workers need your help.
- Listen if co-workers share stories about breastfeeding, even if it did not work out for them. Everyone wants to be heard and to know that they are good moms.



Need more information? Visit [newmomhealth.com](http://newmomhealth.com) to find expert-written resources and information for you and your family.

## Child Care Provider

- Tell your child care provider it is important for you to continue breastfeeding. Their support will make it easier for you.
- Remind them that breastfed babies are not as sick, which means all the babies they care for will be healthier.
- Ask if you can breastfeed at the child care facility before and/or after work, or during the meal period.
- Ask your child care provider to try not to feed the baby shortly before you pick up baby.
- Alert the child care provider that baby might “reverse cycle feed” and not eat much when you are away. To prevent wasting, send small amounts of breast milk in multiple bottles until baby adjusts.
- Expressed milk that you take to your child care provider must be clearly labeled with your child’s name and the date of the intended feeding. You may also be asked to describe content on the label.
  - Regulations state that unused breast milk can be discarded OR sent home. Communicate with your child care provider that you would like unused breast milk to be sent home.
  - Provide a cooler bag with ice packs to store leftover breast milk.
- Tell your child care provider that they can become recognized with the North Carolina Breastfeeding-Friendly Child Care Designation. They can find information at [nutritionnc.com/breastfeeding/bf-childcare.htm](http://nutritionnc.com/breastfeeding/bf-childcare.htm).
- If your family members will be caring for your baby, give them the Making It Work: Family Members Supporting Breastfeeding, available at [ncbfc.org/making-it-work](http://ncbfc.org/making-it-work).



*“All mothers should feel free to feed their babies whenever and wherever they need. They are already juggling so much—crying babies, strollers, car seats and diaper bags.”*

—Grandmother, Ashe County



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE

## Family Members

Support from family members can greatly impact if and for how long a mother will choose to breastfeed. Encourage the whole family to support mothers as they go through their breastfeeding journey. Families can:

- Prepare meals and help with common household tasks such as housework and laundry so mom can get the rest she needs.
- Clean baby's diaper bag and restock it with fresh diapers and clothing.
- Clean breast pump parts so mom can focus on baby and other important tasks.
- Provide words of encouragement when things might get tough.
- Prioritize family time by doing things everyone enjoys.



## Take Care of YOU!

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### Get Plenty of Rest

Being a mom and working can be tiring, no matter how you feed baby. Rest when you can, sleep when baby is resting, and don't be afraid to ask for help from family members for household tasks so you can focus on you and baby. GOOD NEWS: research shows lactation hormones give breastfeeding moms up to 45 minutes of extra sleep each night!

### Talk with Other Breastfeeding Moms

Seek out other nursing mothers at work or in your neighborhood to share experiences and gain support. Visit [newmomhealth.com](http://newmomhealth.com) to find resources and information from moms just like you.

Another option is to find support from a peer counselor, lactation consultant, or other professional. You can ask the local hospital or the local health department for information, or visit:

- [ncbfc.org/perinatal-region-map](http://ncbfc.org/perinatal-region-map) to find resources near where you live.
- [uslca.org/resources/find-an-ibclc](http://uslca.org/resources/find-an-ibclc) to find a lactation consultant from the United States Lactation Consultant Association.
- [portal.ilca.org/i4a/memberDirectory/index.cfm?directory\\_id=18&pageID=4349](http://portal.ilca.org/i4a/memberDirectory/index.cfm?directory_id=18&pageID=4349) to find a lactation consultant from the International Lactation

## Minimize Leaking

Expressing milk around the time baby would normally breastfeed, possibly every 2–3 hours, can help. Cross your arms firmly over your chest if you feel the milk starting to flow when you aren't ready for it. Wear washable or disposable nursing pads inside your bra to help keep milk from leaking onto your clothes. Wear clothes in layers so if you accidentally leak, you'll have a sweater or jacket to wear over your blouse.



## Eat Nutritious Foods

Eating good foods will help you feel better about yourself and give you extra energy for handling the tasks of working and motherhood. See “**Easy Tasty Food to Eat While You Pump**” on page 19. They can all be eaten with one hand, so you can eat and express milk at the same time!

## WIC Helps!

WIC offers education on how to start and continue to breastfeed. WIC also provides:

- Ideas for how to breastfeed and work
- Extra food
- Nutrition staff who can answer your questions
- Breast pumps
- Peer counselors (experienced breastfeeding moms just like you)



For more breastfeeding information, visit:  
[nutritionnc.com/wic/wic-referral.asp](https://nutritionnc.com/wic/wic-referral.asp)



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE

## Need Additional Breastfeeding Support?

Talk with a Peer Counselor, Lactation Consultant or other professional. You can ask the local hospital or the local health department for information, or visit:

- [ncbfc.org/perinatal-region-map](https://ncbfc.org/perinatal-region-map) to find resources near where you live.
- [uslca.org/resources/find-an-ibclc](https://uslca.org/resources/find-an-ibclc) to find a lactation consultant from the United States Lactation Consultant Association.
- [portal.ilca.org/i4a/memberDirectory/index.cfm?directory\\_id=18&pageID=4349](https://portal.ilca.org/i4a/memberDirectory/index.cfm?directory_id=18&pageID=4349) to find a lactation consultant from the International Lactation Consultant Association.

## My Lactation and Work Plan

When I return to work from my maternity leave, I want to be a good employee while also providing for my new baby. My health care providers have told me that breastfeeding my baby is one of the most important things I can do for our health. A clean, private space and a little extra break time to express milk for my baby during the workday will allow me to follow doctor's advice and provide milk for my baby while we are apart. This helps our company by lowering health care costs and absenteeism.

Your support is important to me. These simple, temporary accommodations will make it easier for me to give my best to my baby and my company.

**RETURN TO WORK.** I would like to return to work gradually, if possible, so my baby and I can adjust to being apart. Some options we can discuss:

- |  |  |
|--|--|
| <input type="checkbox"/> Working part-time for a while                               | <input type="checkbox"/> Working from home |
| <input type="checkbox"/> Working a flexible schedule<br>(ex.: taking Wednesdays off) | <input type="checkbox"/> Other ideas:      |

**TIME.** I will need to express my milk at work around the time my baby would normally feed, possibly every 2–3 hours, for around 20 minutes each time, not counting time to get to the lactation area. I will use my usual breaks and my meal period. This accommodation is valuable to me. I will not abuse this time, and if more time than my usual break is needed, I am willing to:

- |  |  |
|--|--|
| <input type="checkbox"/> Come in early to make up the time | <input type="checkbox"/> Stay later in the day to make up the time |
| <input type="checkbox"/> Take unpaid time                  | <input type="checkbox"/> Other ideas:                              |

**PLACE.** I will need a clean, private area where I can safely express my milk during these nursing breaks. A bathroom is not an appropriate place and is not allowed by law. The area should also be near my work station, and near a sink and refrigerator. The space needs to be large enough for a chair and a flat surface for the pump. I will/will not need electricity for my breast pump. Some options we can discuss:

- |  |  |
|--|--|
| <input type="checkbox"/> The private office of a manager or supervisor                   | <input type="checkbox"/> A conference or meeting room        |
| <input type="checkbox"/> A small area not in use much that can be secured<br>for privacy | <input type="checkbox"/> An available cooler or refrigerator |
| <input type="checkbox"/> The private office of a co-worker                               | <input type="checkbox"/> Other ideas:                        |

**SUPPORT.** Support from my supervisor and co-workers will help me feel relaxed and confident. Research has shown this makes milk expression more efficient and increases employee loyalty, retention, and team building.

**EDUCATION.** I would like to participate in any breastfeeding or new parent classes or support group meetings held at my workplace. I will talk with Human Resources to learn about my health insurance coverage for lactation consultants. If my company contracts with a lactation consultant, I would like to use those services during my maternity leave and once I am back at work.

Signature of Employee: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Employer: \_\_\_\_\_ Date: \_\_\_\_\_

## Easy, Tasty Foods to Eat While You Pump! Choose from each group.

### Group 1: Foods High in Protein



- Cheese or cheese cubes
- Thicker yogurt
- Peanut butter
- Almond butter
- Hard-boiled egg
- Meat-stuffed boiled dumplings
- Hummus or Baba Ghanouj (eggplant dip)
- Nuts and Seeds
  - Almonds
  - Walnuts
  - Sunflower seeds
- Deli Meat Slices
  - Turkey
  - Chicken
  - Roast beef
  - Low-sodium ham

### Group 2: Foods with Grains

- Whole grain crackers
- Pretzel sticks
- Sliced pita
- Whole grain rice cakes
- Whole grain English muffin or bagel
- Whole grain flour or corn tortilla
- Whole grain bread
- Mixed cereal in a bag:
  - Wheat chex
  - Toasted oats
  - Mini wheats

### Group 3: Fruits and Vegetables

- Any combination of prepared vegetables
  - Celery sticks
  - Carrot sticks
  - Pepper slices
  - Cucumber slices
  - Tomato slices
  - Radishes
  - Olives
- Any combination of prepared fruit
  - Apple slices
  - Peach slices
  - Cut-up cantaloupe
  - Cut-up watermelon
  - Orange slices
  - Strawberries
  - Seedless grapes
  - Banana or plantain slices
- Dried fruits (Look for options with no added sugar.)
  - Raisins
  - Apricots
  - Prunes
  - Plantains
- Any combination of canned, frozen, or dried beans
  - Kidney beans
  - Pinto beans
  - Chickpeas
  - Lima beans
  - Soy beans
  - Fava beans



## Putting Tasty Foods Together

- Guacamole with diced tomatoes spread on a whole grain tortilla, folded in half and sliced
- Cold slice of whole grain, thin-crust pizza with vegetable toppings
- Peanut butter spread on a corn tortilla and rolled around a banana
- Quartered cheese sandwich on whole wheat bread
- Cereal mixture in a bag (such as wheat chex and toasted oats)
- Glass of low-fat milk with cut-up fresh fruit
- Cheese cubes with dried fruit
- Hard-boiled egg with a handful of cherry tomatoes
- Whole grain pita with Baba Ghanouj
- Sliced turkey rolled-up with a handful of grapes
- Handful of almonds with raisins
- Whole grain rice cake with cheese spread
- Carrot and cucumber slices with hummus
- Vegetable sushi rolls
- Whole wheat English muffin with peanut butter
- Whole grain crackers with cheese slices
- Boiled pork dumplings with apple slices
- Sunflower seeds with dried plantains and a slice of cheese
- Strawberries and apple slices with yogurt dip
- Pita stuffed with slice of cheese and cucumber slices
- Slice of cornbread with a glass of low-fat milk
- Pretzel sticks with hummus
- Apple and celery slices with peanut butter







**Making It Work:  
Breastfeeding Moms Returning to Work or School**

[ncbfc.org/making-it-work](http://ncbfc.org/making-it-work)



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**



# **Making It Work**

## Family Members Supporting Breastfeeding



A photograph of a woman and a man smiling while holding a baby. The woman is on the left, wearing a white top with a bow. The man is in the center, wearing a striped shirt, holding the baby. The baby is wearing a light blue onesie. The background is a soft, light green gradient.

## **Making It Work:** Family Members Supporting Breastfeeding

Support from family members can help make it easier for new moms to continue breastfeeding...even after they return to work or school.

This support remains an important factor for the entirety of the breastfeeding journey. Here's how you can help!

Suggested citation: NC Department of Health and Human Services, Division of Public Health. 2020. *Making It Work: Family Members Supporting Breastfeeding*. Raleigh, North Carolina.

North Carolina's Making It Work tools, adapted with permission from the New York State Department of Health, provide essential information for employers, mothers, their families, and community advocates to support breastfeeding.

## Benefits of Breastfeeding<sup>1</sup>

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### Research studies show that breastfed babies:

- Have fewer ear infections and respiratory infections
- Have fewer digestive problems and are less likely to be constipated
- Are less likely to develop cancer or diabetes in their lifetime
- Are less likely to be obese later in life
- Are less likely to die from sudden infant death syndrome (SIDS)



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE

### Research studies show moms who breastfeed:

- May be more likely to burn up to 500 calories a day, which helps moms return to their pre-pregnancy weight
- Have a reduced risk of postpartum mood disorders
- May be less likely to develop breast cancer or ovarian cancer
- May be less likely to develop type 2 diabetes and cardiovascular disease

## What Breastfeeding Families Need

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Many women continue to breastfeed after they return to work or school. How is this possible? Moms breastfeed their baby when they are home and express their milk using a breast pump or by hand expression when they are away from the child. This is necessary to help moms to continue making milk and allows them to give their milk to their child when they are away. Your support will help moms feel confident and relaxed knowing they are giving their child the best they can, even after they return to work.

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1. Victora C, Bahl R, Barros A, França G, Horton S, Krasevec J, Murch S, Sankar M, Walker N, Rollins N. Breastfeeding in the 21st century: epidemiology, mechanisms, and lifelong effect. *The Lancet*. 2016; 387(10017), 475-490.

## All Family Members Can Help

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Moms rely on the people closest to them — their family — for support with breastfeeding, especially when they return to work or school.

**Dads/Partners.** You have a role to make the mom feel special and important. Help her feel your love and emotional support. Tell her you are proud of her for giving your baby such a healthy start in life. Going back to work also adds new tasks to her day, which can make her feel tired. Your help and support at home will make things easier.

**Grandparents.** Moms look to their own parents for encouragement and support. Even if you did not breastfeed, you can show her you are proud of her. Many new grandparents like to take charge of the baby, but asking new moms what they would like help with is a great first step in providing the support they need. She might need a meal cooked, or help with the laundry, or she may want you to watch the baby while she takes a bath or a walk. Find little ways to show her you are proud of her. She'll never forget it!



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE

### Here are some things family members can do to enjoy spending time with baby:

- Hold baby close
- Take baby for a walk
- Read to baby
- Play with baby
- Rock baby
- Bathe baby
- Dress baby in cute clothes
- Sing to baby

## Did You Know?

**You cannot spoil babies by holding them.** Holding babies actually helps babies become more independent later in life because their need for closeness is met while they are young and still developing. Letting babies cry actually increases their stress levels.

**Babies do not go into a deep sleep state until 20-30 minutes after they fall asleep.** If baby wakes up when you put him down, try holding and rocking him for about 20 minutes first.

**The best way to make milk is to breastfeed.** The more a mom breastfeeds, the more milk she will make. She can increase her amount of milk by breastfeeding, pumping, or hand-expressing more often.

**Babies do not need any other foods besides their mother's milk until they are 6 months old.**

**Women who breastfeed may find it easier to lose their pregnancy weight.**

*"My daughter is the mother of a 15-week-old baby girl. She is doing everything she can to give her baby a healthy start in life, including breastfeeding."*

—Grandmother, Chatham County

*"As a grandmother of 5 children, I say help those moms who want to breastfeed. It brings them closer to the child and keeps the child healthy."*

—Grandmother, Wake County



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE

## Help to Prepare Mom for Work or School

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- Prepare meals and help with common household tasks such as housework and laundry so moms can get plenty of rest.
- Clean baby's diaper bag and restock it with fresh diapers and clothing.
- Clean pump parts so mom can focus on baby and other important tasks.
- Get baby ready for the child care provider to give mom a little extra time to get ready or to squeeze in an extra feeding before leaving for work.
- Don't forget to always check in with mom to learn other specific ways you can help. She'll be able to share best the ways that you can be most helpful.



## Ways to Offer Additional Support

- Tell a breastfeeding mom you are proud of her. For example:
  - “What a great mom you are to give your baby such a good start in life.”
  - “It’s obvious how much you love our baby. It makes me feel very proud. What can I do to make things easier for you?”
- Encourage her to continue breastfeeding for as long as she wishes. She is giving baby a gift that will last the child’s entire lifetime.
- Remind her to rest and eat healthy foods so she will have more energy.
- Foster her focus on family time as babies grow all too quickly.
- Encourage her to get help if she has questions or concerns with breastfeeding. If she doesn’t have time to do this, ask if she’d like your help in locating resources or someone to talk with.
- To find support from a peer counselor, lactation consultant, or other professional, ask the local hospital or the local health department for information, or visit:
  - [ncbfc.org/perinatal-region-map](http://ncbfc.org/perinatal-region-map) to find resources near where you live.
  - [uslca.org/resources/find-an-ibclc](http://uslca.org/resources/find-an-ibclc) to find a lactation consultant from the United States Lactation Consultant Association.
  - [portal.ilca.org/i4a/memberDirectory/index.cfm?directory\\_id=18&pageID=4349](http://portal.ilca.org/i4a/memberDirectory/index.cfm?directory_id=18&pageID=4349) to find a lactation consultant from the International Lactation Consultant Association.



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE

### Did You Know?

**About 15–20% of all new moms experience significant sadness, anxiety, or depression in the year following a new baby. If she is struggling, she is not alone. Encourage her to discuss her feelings with her doctor. With help from her doctor, and with the right support, she will begin to feel better soon. For more information on postpartum depression, visit: [postpartum.net](http://postpartum.net).**



## If You'll Be Caring for the Baby

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Many grandmothers, dads, partners, and family relatives care for baby when mom returns to work. If you plan to help out with baby, here are some tips to make it easier and even more rewarding.

### Feeding a Breastfed Baby

- Breastfed babies eat when they are hungry and stop when they are full. Follow baby's hunger signals rather than a schedule. Never force a feeding. It is okay if all the milk in a bottle is not finished. If you notice this happening regularly, prepare bottles with smaller amounts of milk so that it does not go to waste.
  - Breastfed babies may eat less at each feeding, and eat more often. This is because human milk is digested very easily. They also take different amounts at each feeding.
  - If you'll be using a bottle to feed baby, try offering it when baby is not so hungry or upset, or when baby is still a little sleepy.
  - Running some warm water over the bottle may also help; breastfed babies are not used to cold nipples.
- 
- For more information on Responsive Feeding, visit: [sph.unc.edu/cgbi/responsive-feeding](https://sph.unc.edu/cgbi/responsive-feeding).
  - Breastfed babies are used to being held and feeling the closeness of mom's skin when feeding. Hold baby close when feeding with a bottle. Rather than pushing the nipple into baby's mouth, touch baby's lower lip and wait for him/her to open his/her mouth and draw it in.
  - Never prop a bottle or leave baby alone during a feeding.
  - Babies love to snuggle. Don't be surprised if baby acts hungry after the feeding. Baby may not need more food but more closeness.

## Supporting Mom

- If you are watching baby only for an hour or two, try not to give baby a full feeding. Mom's breasts may feel very full and she may want to breastfeed right away.
- If baby is getting hungry, try to calm him/her in other ways, or just offer a very small amount to take the edge off before mom arrives.
- If mom will be traveling home after picking up baby from you, provide her space to breastfeed before she leaves. Talk with her when she drops the baby off for care so that you know when she would like for you to feed baby.
- For more ideas, visit [wicbreastfeeding.fns.usda.gov/friends-and-family](http://wicbreastfeeding.fns.usda.gov/friends-and-family).



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE



SOURCE: UNITED STATES BREASTFEEDING COMMITTEE



## How to Handle Human Milk

It is okay to handle breast milk, also known as human milk. It is food for baby that is full of infection-fighting ingredients, so you do not need to wear gloves or take special precautions.

Human milk does not look like infant formula. It may appear watery, have a bluish tint, or may look yellow when frozen. The cream will rise to the top of the milk during storage. Gently swirl the milk to mix it together before feeding it to the baby.

Human milk can be stored in a refrigerator or freezer and thawed as needed to meet the needs of baby. Carefully follow the guidelines for handling and storing human milk below. Breastfeeding moms work hard to express their milk, and it is too valuable to waste!

### Guidelines for Handling and Storing Human Milk<sup>2,3</sup>

Location	Duration Good for:	Guidance
Countertop, table	up to 4 hours if fresh; 1-2 hours if thawed, previously frozen	Cover containers and keep them as cool as possible; covering the container with a cool towel may keep milk cooler.
Insulated cooler bag	up to 24 hours	Keep ice packs in contact with milk containers at all times; limit opening cooler bag.
Refrigerator	up to 4 days if fresh; up to 1 day if thawed, previously frozen	Store milk in the back of the main body of the refrigerator.
<b>Freezer</b>		
Freezer compartment of a refrigerator	up to 2 weeks	Store milk toward the back of the freezer where temperature is most constant.
Freezer compartment of refrigerator with separate doors	up to 6 months	
Separate deep freezer, chest or upright	up to 12 months	
<b>Leftover milk from a feeding (baby did not finish the bottle): Use within 2 hours after the baby is finished feeding, or discard it.</b>		

2. Academy of Breastfeeding Medicine. (Revised 2017) Clinical Protocol Number #8: Human Milk Storage Information for Home Use for Healthy Full-Term Infants. Princeton Junction, New Jersey: Academy of Breastfeeding Medicine.

3. Proper Storage and Preparation of Breast Milk. Centers for Disease Control and Prevention website. [cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm). Updated August 6, 2019. Accessed August 27, 2019.

## Remember<sup>2</sup>

- If there is unfrozen milk, use that first. If you are using frozen milk, be sure it is still good based on the guidelines for storing and handling. Also check to see if there is milk that is close to expiring that needs to be used first.
- If you will be adding fresh milk to a container of frozen milk, refrigerate it first since fresh milk is warm and can cause frozen milk to begin thawing.
- Thaw frozen milk in the refrigerator or by swirling in a bowl of warm water. NEVER microwave breast milk.
- Once milk is warmed, use it immediately.
- Do not re-freeze milk once it has been thawed.



## WIC Helps!

For more breastfeeding information visit:  
[nutritionnc.com/edres/index.htm](http://nutritionnc.com/edres/index.htm)

or find your local WIC agency:  
[nutritionnc.com/wic/directory.htm](http://nutritionnc.com/wic/directory.htm)

Refer a family member to the WIC Program  
here: [nutritionnc.com/wic/wic-referral.asp](http://nutritionnc.com/wic/wic-referral.asp)

**For more information about caring for a breastfed baby, check out the entire Making It Work Tool Kit series.**



**Making It Work:  
Family Members Supporting Breastfeeding**

[ncbfc.org/making-it-work](http://ncbfc.org/making-it-work)



**NC DEPARTMENT OF  
HEALTH AND  
HUMAN SERVICES**



# Ready, Set, **Baby**

**A guide to welcoming your new family member**



# What's inside this guide

## Staying healthy during pregnancy and beyond

### What have you heard about infant feeding?

**04** Find Out the Facts!

### Preparing for your maternity center stay

**06** Your labor and delivery

**07** Skin-to-Skin contact

**08** Rooming-In

**09** Feeding On Cue / Delayed pacifier use

### Breastfeeding information & tips

**10** Early and exclusive breastfeeding

**11** Breastfeeding benefits for mothers and babies

**12** Position and latch / Tips for a great start

**14** Making and maintaining your milk

**15** Signs your baby is getting enough milk

**16** Reviewing what we've learned

### Once you are home with your baby

**17** The first few weeks

**18** Preparing for other caregivers

**19** Just for partners & loved ones

**20** Addressing common concerns

**22** Resources for support



# Staying healthy during pregnancy and beyond

## Healthy eating

Eat a balanced diet with a variety of foods when you are pregnant or breastfeeding.

- Fill half of your plate with fruits and vegetables.
- Choose high-fiber whole grains, like oatmeal, whole wheat, or brown rice.
- Choose heart-healthy dairy products, like low fat milk, yogurt, or mozzarella cheese.
- Select lean protein sources, like seafood, poultry, eggs, beans, nuts and seeds.
- Stay hydrated by drinking water and other unsweetened beverages.
- If you are on a special diet, continue to follow the recommendations of your provider.
- If you have concerns about your diet, ask your provider for a referral to a registered dietitian nutritionist.

## Food safety

- Wash your hands with water and soap before preparing any foods.
- Wash fruits and vegetables thoroughly before eating or processing.
- Avoid cold deli meats and unpasteurized soft cheeses as they may harbor listeria, a bacteria that is dangerous to pregnant women.
- Say 'No' to raw or undercooked foods (meats, eggs, fish).
- Tell your provider if you have cravings for non-food items like starch, clay dirt, cardboard or ice.

- Limit your intake of large fish to avoid ingesting mercury.

- Avoid tile fish, shark, swordfish, and King Mackerel; limit albacore (solid white) tuna.
- Opt instead for 8-12 oz/week of Salmon, Trout, Sardines, Anchovies, or Herring.

## Exercise and weight gain

- If your provider says it's okay to exercise, aim for at least 30 min/day (moderate intensity).
- Avoid sports or activities with high risk of falling or collision with others.
- Ask your provider how much weight you should gain during pregnancy.

Take a daily Prenatal Vitamin with iron in addition to eating healthy







# What have you heard about infant feeding?

Each of us have unique opinions about infant feeding formed from our own experiences and those of others we know. As part of your healthcare team, we want you to know the facts to help you make choices that are best for your family. Together, we can help you meet your own personal infant feeding goals.

## Find out the facts!

### Most women breastfeed.

At least 82% of all women in the United States breastfeed. Even among the groups less likely to breastfeed, about 68% or more start breastfeeding. Breastfeeding is the norm in the United States.

### Breastfeeding should not be painful.

There may be discomfort at first, but it should be minimal and should go away in the first week or so. Pain that continues or is severe should be assessed by your healthcare provider or a lactation consultant.

### Breast sizes and nipple shapes don't matter.

Small breasts can produce a full milk supply, and babies can breastfeed fine on large breasts. Babies can latch onto many types of breast nipples. If you have an uncommon breast shape, widely spaced breasts, history of breast surgery, or are concerned about your breast tissue or nipples, please contact your health care provider or a lactation consultant for an evaluation.

### Breastfeeding is not always easy.

Breastfeeding is a new skill, and it takes practice and support. Be patient with yourself and your baby as you both learn how to make it work. Get support from friends, family, and your healthcare team. Remember to take it day by day. It gets MUCH easier after the first days and weeks!

### Newborns MUST feed at night.

Newborns do not know the difference between night and day. They are growing rapidly, and need the frequent, easily digested feedings that your milk provides.

### Your milk contains hundreds of nutrients that scientists are only beginning to discover.

Breastmilk is a living, constantly changing food that provides everything your baby needs to grow and be healthy. The living parts of your milk are unique to you.

### Some moms cannot breastfeed for medical reasons, or have difficulty with milk supply.

While most moms and babies are able to breastfeed successfully, there are certain medical conditions in which breastfeeding is not recommended. In addition, some breastfeeding babies may need extra milk

for medical reasons if they cannot get enough from your breasts. Together, you and your medical team can find the best infant feeding plan for your family.

### **Bottles work differently than breasts.**

Infants use their tongue, jaw, and face muscles to get milk from your breasts. This helps their mouth and face grow and develop. Bottle nipples have a different shape and may have a faster flow. Babies are more likely to gag or overfeed when using a bottle. If you need to use a bottle, please learn about safe bottle feeding from a healthcare provider first.

### **You CAN breastfeed in public and you CAN go back to work or school while continuing to breastfeed.**

Rest assured - you have the legal right to breastfeed in any public space. Many women successfully use pumps or their hands to express their milk for others to feed when they are away from their infants. Talk to your supervisor about your plans ahead of time and get support from available resources.



### **You CAN breastfeed, even if you smoke or take medications.**

Many medications are considered safe to use while breastfeeding, but not all. Your healthcare provider can help determine if your medications or habits are safe for breastfeeding. Second hand smoke can increase your

baby's risks for many health problems, and chemicals in cigarettes do pass through breastmilk. If you are going to smoke, it is still better to breastfeed than not to breastfeed. Talk to your doctor about quitting aids and available resources.



# Preparing for your maternity stay

## Did you know?

A Doula is someone who provides continuous support during labor and delivery. Many communities have Doula services at free or reduced costs for mothers. Ask about resources or refer to p. 22

## Your labor and delivery

### Pain relief

Talk to your healthcare provider about your options for pain relief during labor. Know the benefits and concerns for each option.

There are many ways to help cope with the pain of labor that do not involve medication.

### To reduce the discomforts of early labor, try:

- Deep breathing, focusing on pleasant things
- Movement and walking
- Massage and relaxation
- Heating pads or cold compresses
- Continuous support from someone you trust



**Many women find it easier to cope with early labor at home.**

**Follow the guidance of your provider about when to come into the hospital.**



## Skin-to-Skin contact

### Keep your baby warm and secure

Your baby should be placed skin-to-skin with you right at the time of birth.

Some hospitals practice skin-to-skin after C-sections in the operating room.



### Benefits of Skin-to-Skin

Keeps your baby warm

Easier to bond and breastfeed

Helps calm your baby

Easier adjustment for your baby

Keeps your baby's blood sugar levels up

Helps steady baby's breathing



The cream on the newborns' skin is good for them - it protects their skin from infection and helps keep them warm.

Most babies are then ready to breastfeed within the first hour.

Continue to hold your baby skin-to-skin frequently during the first weeks.

**Make sure you can ALWAYS see your baby's face to look for good color and normal breathing.**

**It's great for partners to be skin-to-skin, too!**



### Rooming-In

#### Did you know?

Your baby takes comfort when you are close by. Your smell and voice are calming to your baby.

It's good for you and your baby to stay in the same room, day and night, for your entire hospital stay, unless a medical need requires separation.

Think about a trusted adult who can stay with you in your hospital room at all times to help support you as you learn to care for your newborn.

If you feel unable to safely care for your infant, ask hospital staff for extra help.

### Baby's first bath

The bath can be done right in your room! It is good to delay it until your baby is used to his or her new life outside the womb.



#### Benefits of rooming-In

Easier to learn your baby's feeding cues

Easier to feed any time your baby is hungry

Easier to bond and get to know each other

Helps you learn to care for your baby

Encourages milk production

More rest and sleep for you

Less crying for your baby



## Feeding "on cue"

### Follow your new baby's lead

Responding to your baby's cues helps them feel safe and cared for, as well as satisfied and content. Babies know what they need -listening to them helps prevent under- or overfeeding.

**"I'm hungry!"**

**Example of a baby bringing his hand to his mouth.**

## Hunger cues

### Signs that your baby is ready to eat

- Fluttering eyes / waking from sleep
- Nuzzling into the breast
- Rooting (opens mouth and turns head)
- Bringing hand to mouth
- Sucking on tongue or hand
- Tight fists held at center of chest
- Crying - If you wait until your baby cries to feed him, he may be too upset to eat. If this is the case, calm your baby first by gently rocking him side to side, or try skin-to-skin contact.

## Fullness cues

### Signs that your baby is full

- Eating slows down
- Turns face away
- Relaxed arms, falling away from body
- Stops sucking
- Falls asleep

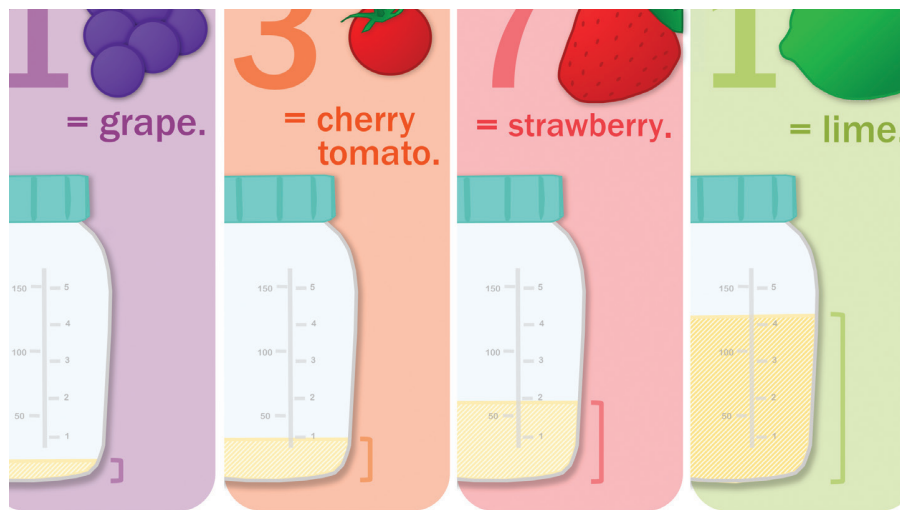
**Watch your baby, not the clock**

### Pacifiers

Pacifiers can hide cues that your newborn baby is ready to eat. Avoid using pacifiers until breastfeeding is going well for you and your baby.

## Newborn tummies are very small!

In the beginning, there may be times when your baby eats a little bit nearly all the time. This is normal. The frequent feeding helps bring in a good milk supply for you.





## Breastfeeding information & tips

### Did you know?

Babies do NOT need water when it is hot outside. Your milk provides all the hydration your baby needs.

### Early and exclusive breastfeeding: your milk and nothing else

#### Early breastfeeding starting within an hour of your baby's birth

- Helps contract the uterus and slow bleeding (important for your recovery)
- Provides antibodies and nutrition to your baby

Exclusive breastfeeding means your baby gets all his or her food and drink from breastfeeding. It is recommended that your baby

receives only your milk for the first 6 months. Talk with your healthcare team about your individual needs and goals for infant feeding.

#### Why no other liquids or solids until 6 months?

- Builds a healthy milk supply and keeps it up
- Protects your baby from sickness and disease

Your milk has everything your baby needs to grow strong and healthy. And it changes according to what your baby needs!



## Benefits of breastfeeding

### For moms

- Convenient - always warm and ready
- Smart - nothing to buy or prepare
- Linked with lower risk of disease for breast and ovarian cancers, and Type-2 diabetes
- Helps your body recover after delivery
- Increases time before next pregnancy

### For babies

- Early milk (colostrum) is the perfect first food
- Provides antibodies to help fight off diseases
- Easy to digest = less cramping and gas



### Did you know?

Babies who are breastfed have a lower chance of death from Sudden Infant Death Syndrome (SIDS)

### These conditions are less common in babies who are breastfed

- Ear infections
- Diarrhea
- Pneumonia
- Diabetes
- Sudden Infant Death Syndrome
- Stomach infections
- Overweight and obesity
- Childhood cancers
- Heart Disease

Avoid "follow-up" and "weaning" formulas for babies aged 6 months and older. These are costly, high in sugar, and not necessary.

### Continued breastfeeding

Begin offering other foods to your baby after a full breastfeed when your baby is 6 months old. The American Academy of Pediatrics recommends continued breastfeeding through at least the first year, and beyond for as long as you and your baby desire. Continued breastfeeding is beneficial for your baby's growth and development, and for protection from diseases for both of you.



## Position and latch

### Finding your fit

Practice makes perfect!  
Find the positions that work for you.  
A good latch helps prevent nipple pain  
and helps your baby remove milk.  
Be sure you're comfortable.



### Getting started: Leaning Back

Laying belly-to-belly with your baby is the most natural thing to do immediately after birth. When your baby shows signs of trying to find the breast, support this search. He or she will nuzzle up and attach to the breast. Breastfeeding while leaning back comfortably goes along with your baby's natural instincts.



**Leaning Back**

### Other positions



**Cross-Cradle Hold**



**Football Hold**



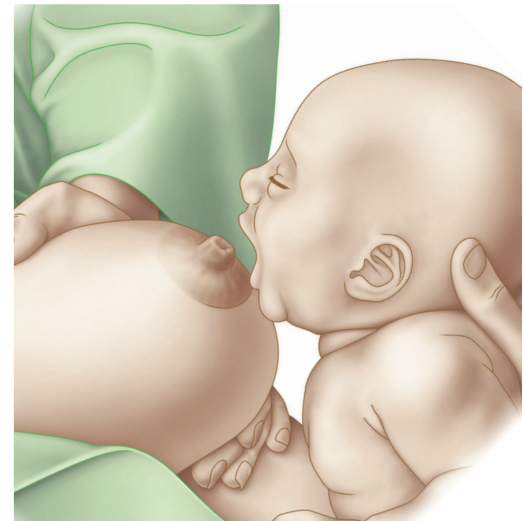
**Cradle Hold**



**Side-Lying**

### Tips for latching your baby in ANY position

- Support your baby's neck.
- Avoid holding the back of your baby's head - allow your baby to move as he or she needs.
- Baby's ear, shoulder and hips should be in a straight line.
- When your baby opens wide, help him or her onto your nipple. Lean back and relax if you are hunched over.
- Baby's chin should hit breast first.
- Make sure the nipple is deep in your baby's mouth.
- Baby's nose may touch the breast during a deep latch.



### Tips for getting off to a great start

- Breastfeed as soon as possible after birth.
- Nurse your baby often - as often as he or she shows signs of hunger (this should be at **least** 8 times in 24 hours).
- Avoid giving pacifiers or bottles until breastfeeding is going well.
- Ask for support from your nurse or a lactation consultant.
- Watch your baby - not the clock - to know when to feed.
- Massaging and compressing the breast while feeding helps the milk to flow and keeps the baby feeding.



### Learn hand expression - ask for help

- Hand expression is a technique to express milk from your breasts to feed to your baby or store for later.
- The amount will be just drops in the beginning and increase as you have more milk supply.
- You can also express a drop onto your nipple for your baby to smell and taste before feeding.
- Hand expression can increase your milk supply and encourage your mature milk to come in faster.

Online hand expression resources may be helpful:

<http://bit.ly/ExpressionVideo>

<http://bit.ly/ExpressionGame>



## Making and maintaining your milk

Your first milk (colostrum) is thick and golden. Early milk comes in very small amounts – yet is full of nutrients and proteins that boost your baby’s immune system.

Your milk will change over the first 3-5 days into larger amounts of mature milk, which has more water to satisfy your baby’s thirst.

When the amount of milk increases, it is often referred to as your milk “coming in”. This is misleading because your breasts were not empty before this time – they already have milk in them.

### Did you know?

Introducing formula can decrease your milk supply.

## Move it or lose it!

- Making a full supply of milk requires frequent removal of milk from your breasts.
- If milk is NOT removed from your breasts, your body is given the message to make less milk.
- You should use breast massage, hand expression and/or pumping to remove milk (and keep making milk) if you are separated from your baby.



### Tonya’s Story

At first, Tonya didn’t want to breastfeed because she had heard it could hurt. But with all the health benefits for her baby and herself, she decided to try. After her baby was born, she did try, and just as she expected, it did hurt her nipples a bit. Her lactation consultant and peer counselor helped to find the source of the pain and make changes to reduce the discomfort. This helped, but then a few days postpartum she felt pain in both breasts. Again, she got help from a skilled support person, and was able to stick with it. In a couple of weeks all the discomforts were gone and never came back. Tonya is still breastfeeding at a year out and is very happy she continued – the discomfort in the beginning was worth it!

## Signs your baby is getting enough milk

- Your baby is deeply attached onto your breast and you are comfortable while feeding.
- Your baby breastfeeds with steady sucking and swallowing.
- Your breasts soften during a feeding
- Your baby is content after a feeding.
- Your baby's pees and poops are consistent with the information given to you at the maternity center.
- Your baby's stools change from greenish-black to pale yellow, soft,

It is common for babies to lose weight in the first week of life. They should regain their birth weight by 10–14 days.

and seedy looking over the first week (when you are exclusively breastfeeding).

- Your baby's weight is normal and healthy, according to a lactation or other healthcare professional.



## Call your baby's provider if:

- Your baby eats less than 8 times in 24 hours.
- Your baby is too sleepy to wake for feeds.
- Feeding your baby is painful.
- Your baby never seems satisfied.
- Feedings last longer than one hour.
- Your breasts are hard, tight, and painful (engorged).
- Your baby has problems attaching onto your breast or staying attached.

- Your baby has not regained his or her birth weight by 2 weeks of age.
- You are not confident your baby is feeding well.





## Let's Review: WHY do these Practices?

### Stay Healthy

- Helps baby grow and develop
- Protects baby from birth defects
- Helps you feel good

### Skin-to-Skin

- Keeps your baby warm and secure
- Helps to keep baby's blood sugar up and breathing steady
- Easier to bond and breastfeed
- Helps to calm your baby

### Breastfeed

- Provides antibodies for baby's health
- Provides the perfect nutrition
- Protects mothers from diseases
- Helps to slow postpartum bleeding
- Easy for baby to digest

### Only give breastmilk

- Keeps your milk supply up
- Protects baby from sickness and disease



### Room-In 24/7 at hospital

- Easier to learn your baby's feeding cues
- Easier to bond and get to know each other
- Helps you to learn to care for your baby
- Encourages milk production

### Feed on cue

- Helps bring in a good milk supply
- Prevents under- or overfeeding
- Helps baby feel safe and cared for
- Helps baby feel content and satisfied

### Get a good latch

- Prevents nipple pain or damage
- Helps baby get more milk
- Improves milk supply



# Back home with your new baby



## The first few weeks

### Changes for the whole family

Plan to nest in with your family after getting home.

Be sure you get plenty of fluids, foods, and rest.

Give yourself permission take care of yourself and your baby. Put other responsibilities aside.

Limit visitors and phone calls.

### Build your village

Set up a network of support BEFORE your baby is born that can help you when you get home (consider your neighbors, coworkers, friends, and family).

Ask someone you know to organize frequent delivery of meals for your family.

Tell family that you will need help getting as much sleep as you can, and with household chores, such as laundry and cleaning.

Consider setting up play dates or child care for your other children.

Arrange rides for your appointments or other errands ahead of time.

Find out where and when postpartum support groups meet in your area.

Sad or Worried? You are not alone. Talk about your feelings to your healthcare provider. Seek help early, don't wait.

Responding to your new baby's needs can be challenging. Be patient with yourself during this time.



### Mental health in pregnancy and postpartum

Many women may feel mild changes in their mood after giving birth. About 15-20% of women experience significant depression or anxiety with symptoms that generally last more than 2 weeks while pregnant or up to a year postpartum. If you are suffering, know that you are not alone, and you are not to blame. With help, you will get better. Talk to your healthcare provider. You may also need to seek out extra support with meeting your infant's care needs and your own health needs. Postpartum Support International has helpful information and a hot line for help (see Resources on page 22.).

# Preparing for other caregivers

## Going back to work or school

### Talk to your supervisor about your postpartum plans

Learn about and take advantage of all available leave.

Tell your boss or advisor you will continue breastfeeding after coming back to work.

Remind them that a breastfed baby is less likely to get sick, so you will not miss as many days from work.

Find out if you can bring your baby to work or if there is child care at your workplace.

A little planning goes a long way.



### Locate a lactation room to use

Ask your supervisor for help in designating a space if there isn't already one nearby. It should have a comfortable chair, an electrical outlet and a private door (NOT a bathroom). Most businesses are required by law to provide a space for you to pump.

### Arrange use of a pump

Inquire with your insurance provider about your eligibility for a personal electric breast pump.

Your hospital, employer, or local WIC office may have pumps for rent. Manual pumps are also available.

### Choosing child care

Look for a child care center close by so that you may visit your baby during the day to breastfeed.

Find a care provider that supports breastfeeding and is familiar with storing and feeding breastmilk.

### Practice expressing, storing and feeding your milk

Begin expressing and bottle feeding your milk after breastfeeding is well established. Start practicing a few weeks before you plan to return to work.

If using a pump, make sure it fits well - it should not cause pain. The plastic attachments come in several sizes.

Collect your milk, date it, and store it in the back of the freezer in small amounts (approximately 2 oz. per container).

Practice having another caregiver feed your milk at a slow pace so that your baby can show signs of fullness.

# Just for partners and loved ones

## Breastfeeding is a team effort

### LEARN about breastfeeding ahead of time

Ask to be included in discussions with healthcare providers about breastfeeding. This should start before the baby is born.

Attend a breastfeeding class with the expectant mother in your life.

Locate a support group for families in your area.

### SUPPORT the new mother in your life

Limit the number of visitors in the first weeks of the baby's life. Mothers may feel overwhelmed and will appreciate the private time to adjust to the new baby.

Help with household chores such as food preparation, garbage/diaper disposal and cleaning.

Support mom's goals with breastfeeding and help her get support if she is having troubles.

### PROVIDE Comfort for Mom and Baby

Make sure mom is comfortable while breastfeeding and has had plenty to eat and drink. Provide a tray of snacks and water that she can reach.

Talk, sing, and hum to the new baby in a soft calm voice. Use eye contact.

Bond with the baby by giving baths, practicing skin-to-skin contact, wearing the baby in a baby-carrier, and learning techniques to gently massage the baby.



See Resources on page 22 for help.

### Kevin's Story

A first-time parent, Kevin, was excited to take care of his newborn baby. He thought giving his baby a bottle would give his partner a rest from breastfeeding, and help his baby get to know him. While he wanted to support his partner, he learned that giving newborns formula actually interrupts the natural process of breastfeeding, and could lower her milk supply. Kevin is still committed to supporting his partner with breastfeeding. Now, he is having a great time exploring the many different things he can do to bond with his newborn. His favorite so far is holding his baby skin-to-skin on his chest.



# Common Concerns



**Anytime you have concerns about your baby's health or well being, contact your healthcare provider.**

## **I am not sure I have enough milk**

A common reason for low-milk supply is infrequent feeding. In the early days and weeks, your baby may need to eat every 1-2 hours, or more. Twelve feedings in 24 hours is not uncommon. Feeding your baby "on cue" early on helps to bring in a full milk supply and maintain it. Another reason for low-milk supply is that the baby is not latched well to your breast and is not removing all the milk she could be getting. If you think your baby might not be getting enough milk, please seek help from your healthcare provider or a lactation consultant. Refer to the list on page 15, "Call your baby's provider if"

## **I think my baby is still hungry after I breastfeed**

All babies will have periods of fussiness and crying throughout the day and night. There may be a specific time of day when you notice your baby's fussiness increasing. This is normal, and may not be due to hunger. Immature digestion can cause some discomfort to many new babies. If your baby is upset right after a full feeding or is not gaining weight, please contact your healthcare provider or a lactation consultant to determine if your baby is getting enough milk during a feed.

## **My baby is having trouble with nursing**

Breastfeeding is a learned art that takes a lot of practice and support for many mothers and babies. Usually, it gets much easier and more enjoyable once you both get the hang of it and each other. Getting support from a friend who breastfeeds, a mothers support group, a peer counselor or a lactation consultant can help you continue to meet your breastfeeding goals.

## **It is painful to breastfeed**

Discomfort during breastfeeding should be minimal. Painful breastfeeding is not normal. Many times, painful breastfeeding is relieved by improving the baby's latch. If your nipples are very sore, cracked or bleeding, please contact a lactation consultant for a feeding assessment. In the meantime, review pages 12-13, and try to ensure your baby is latched-on well.





### **I think giving formula might solve my problem**

If you are struggling with this decision, please contact a lactation consultant or your healthcare provider to reassess your feeding goals. It is important that your baby stays well-nourished, and that your decisions are well informed. Also, it is important that you share your feeding plans with your healthcare team so they may provide individual education specifically to meet your needs. Feeding any amount of formula may decrease your milk supply. Despite what you may hear or read, formula is not a solution for fussiness, gas, or spit-up. These are normal infant behaviors that are common to all babies. Formula can be harder for some babies to digest, which could increase your baby's discomfort.

### **My breasts are swollen, hard, heavy, and tender**

If your breasts feel like this, then they are engorged. As milk changes from colostrum to mature milk in the days after delivery, breast tissues may swell. It can be difficult for the milk to be removed from the breast due to the swelling. Breast massage, hand expression, or ice packs on the breasts help to reduce the discomfort and swelling. Feeding your baby frequently keeps the milk flowing during this time, and you will feel more comfortable in 24-48 hours. If you feel feverish or have a hot red spot on your breast, or if your baby is not able to latch and remove milk, please contact your healthcare provider immediately.

### **My baby cries a lot**

For babies, crying is a natural and normal way for self-expression. It can mean that something is making the baby uncomfortable or unhappy, such as too much activity or handling, a dirty diaper, or even tummy pains. It can also mean that the baby just needs to be close to you. Babies who are hungry do cry, but it is a late sign of hunger (see page 9). It is normal to see an increase in periods of infant crying until about 2 months of age, and then those periods will begin to lessen. If you are having a hard time coping with your baby's crying, seek help from your partner, family, friends, or healthcare provider. NEVER shake a baby. Try skin-to-skin contact and gentle noises.

### **My baby wakes up a lot at night**

Night waking is normal and healthy for newborns. Babies don't know night from day yet. When your baby wakes up at night she may be uncomfortable, hungry, or in need of help getting back to sleep. Hold your baby close as you determine what your baby needs. Always follow safe-seep recommendations and avoid falling asleep with your baby on a sofa or chair. See also page 23 for Infant Sleep on-line resources.

# Resources for support

## Nationwide help at your fingertips

### Domestic Violence

National Domestic Violence Hot line  
[www.thehotline.org](http://www.thehotline.org)  
800-799-SAFE for 24/7 confidential help

### Depression and Mood Disorders

Postpartum Support International  
[www.postpartum.net](http://www.postpartum.net) | 800.944.4773

### Questions about Pregnancy and Birth

Lamaze International | [www.lamaze.org](http://www.lamaze.org)

### Doulas of North America

<http://www.dona.org>

### Smoking, Alcohol and Drugs

March of Dimes  
[www.marchofdimes.com/pregnancy/is-it-safe.aspx](http://www.marchofdimes.com/pregnancy/is-it-safe.aspx)

US Dept. of Health and Human Services  
<http://women.smokefree.gov>

### Medication Use

During Pregnancy | Centers for Disease Control and Prevention (CDC)  
[www.cdc.gov/pregnancy/meds](http://www.cdc.gov/pregnancy/meds)

### While Breastfeeding | March of Dimes

<https://www.marchofdimes.org/baby/keeping-breast-milk-safe-and-healthy.aspx>

### LactMed Drugs and Lactation Database

<https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>

### Adoptive Parenting

Adoptive Families  
[www.adoptivefamilies.com](http://www.adoptivefamilies.com)

### Teen Parenting

Sexual Health Initiative for Teens  
[www.shiftnc.org/resources/for-young-parents](http://www.shiftnc.org/resources/for-young-parents)

### Preterm Labor & Premature Birth

March of Dimes  
[www.marchofdimes.org/complications/preterm-labor-and-premature-birth-are-you-at-risk.aspx](http://www.marchofdimes.org/complications/preterm-labor-and-premature-birth-are-you-at-risk.aspx)

### LGBTQ Parenting

Human Rights Campaign  
[www.hrc.org/explore/topic/parenting](http://www.hrc.org/explore/topic/parenting)

### Women, Infants, and Children (WIC) Program

[www.fns.usda.gov/WIC](http://www.fns.usda.gov/WIC)

### Infant Feeding Guidelines

World Health Organization (WHO)  
[www.who.int/topics/breastfeeding/en](http://www.who.int/topics/breastfeeding/en)  
American Academy of Pediatrics (AAP)  
[www.aap.org/breastfeeding](http://www.aap.org/breastfeeding)



# Resources for support

## Nationwide help at your fingertips

### Breastfeeding Questions

Office on Women's Health  
[www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)  
Phone Helpline: 800-994-9662  
M-F 9am–6pm (eastern time)

La Leche League (LLL)  
[www.llli.org](http://www.llli.org) (Click on Resources tab)

### Finding a Breastfeeding Mothers' Support Group

La Leche League (LLL)  
[www.llli.org](http://www.llli.org) (enter your address into the map)  
Mocha Moms | [www.mochamoms.org](http://www.mochamoms.org)  
Baby Cafe | [www.babycafeusa.org](http://www.babycafeusa.org)  
Breastfeeding USA | <http://breastfeedingusa.org>

### Finding a Lactation Consultant

International Lactation Consultant Association  
[www.ilca.org](http://www.ilca.org)

### African American Breastfeeding Support

Office on Women's Health—It's Only Natural |  
<https://www.womenshealth.gov/its-only-natural>

### Donor Human Milk Information

Human Milk Banking Association of America (HMBANA) | [www.hmbana.org](http://www.hmbana.org)

### National and State Breastfeeding Laws

National Conference of State Legislatures  
[www.ncsl.org/research/health/breastfeeding-state-laws.aspx](http://www.ncsl.org/research/health/breastfeeding-state-laws.aspx)  
United States Breastfeeding Committee  
[www.usbreastfeeding.org](http://www.usbreastfeeding.org)

### Nutrition Guidelines

MyPlate's Moms and Moms-to-be  
<https://www.choosemyplate.gov/moms-pregnancy-breastfeeding>



### Milk Storage Guidelines

Centers for Disease Control and Prevention  
[www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm)

### Infant Sleep

Centers for Disease Control and Prevention  
<https://www.cdc.gov/vitalsigns/safesleep/index.html>

National Institutes of Health  
[www.nichd.nih.gov/sts/Pages/default.aspx](http://www.nichd.nih.gov/sts/Pages/default.aspx)

### Infant Crying

ZERO to THREE  
[www.zerotothree.org/resources/197-colic-and-crying](http://www.zerotothree.org/resources/197-colic-and-crying)

The Period of Purple Crying  
<http://purplecrying.info>

### Carrying Your Baby in a Baby-Carrier

Baby Wearing International  
[www.babywearinginternational.org](http://www.babywearinginternational.org)

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# Bottle and Formula Feeding: A Guide for Healthcare Professionals

5

**STEP FIVE:**  
**SHOW MOTHERS HOW TO BREASTFEED AND  
HOW TO MAINTAIN LACTATION, EVEN IF THEY  
ARE SEPARATED FROM THEIR INFANTS.**



*Every family deserves excellent care. Hospitals can support families who plan to bottle feed and/or formula feed by instructing them in best-practices for bottle feeding their infants. Each family should receive individual education that is customized to their personal feeding goals.*

## Safe Bottle Feeding

Bottle feeding can inadvertently be done unsafely. As a healthcare provider, you play a crucial role in teaching caregivers how to safely feed their babies.

### Things to remember:

- For breastfed infants, bottle nipples should be avoided until breastfeeding is well established, typically 3–4 weeks. Infants can be fed using a cup, spoon, supplemental nursing system, etc.
- Hold the baby upright and support their head and neck with your hand rather than the crook of your arm. Support the head so that it is in straight alignment with the body to facilitate full swallows (avoiding choking). Minimize the chance for air being swallowed by tilting the bottle and allowing the milk to fill the end of the nipple before allowing the baby to latch on.
- Practice paced feeding by feeding a small amount, then remove the bottle to assess if the baby is satisfied, then resume as needed. This allows infants to take the frequent rests they need. Paced bottle feeding helps control the flow of milk for the baby (reducing their stress) and ensures appropriate volume intake.
- Create a pause between spurts of sucking by tilting the bottle down so that milk is no longer in the nipple or remove the nipple for a break. Before removing the nipple, twist it to warn the baby that the nipple is coming out. You can keep the nipple against baby's cheek, so they know it is still available.
- Be careful not to force feed the baby and take appropriate precautions not to overfeed. Doing so can override an infant's natural satiety cue, causing the volume of the feed to be too much. Overfeeding can cause gastric discomfort or irritation, possibly resulting in vomiting. Teach families to feed according to infant hunger and satiety cues. When bottle feeding, pause often and watch for fullness cues.
- If a newborn is sleepy and not waking for feeds, the family should be instructed to wake the baby and feed. Some newborns are very sleepy and may need extra support.
- Recommend a slow flow silicone nipple; avoid rubber nipples as these can leak nitrosamine and break down faster.
- Recommend BPA-free, PVC-free bottles.
- Families that are being discharged from the hospital feeding formula should receive individualized education on the following topics: hand hygiene, equipment hygiene, proper measurement of formula and water, handling and storage, and appropriate feeding methods.

CONTINUED ON REVERSE...

5

# Bottle and Formula Feeding: A Guide for Healthcare Professionals

## Safe Formula Preparation

In most cases, it is safe to mix powdered formula according to the directions on the can. However, powdered infant formulas are not sterile. They may contain a rare bacteria (Cronobacter) that can cause serious illness and death in newborns. If the baby is younger than 3 months, was born prematurely, or has a weakened immune system, families may want to take extra precautions by boiling and then cooling the water used (see below).

Instruct families using powdered infant formula accordingly:

- Check expiration date: never use expired formula.
- Always start with clean hands and sanitized bottles and nipples.
- Use water from safe source to mix powdered infant formula. If families are not sure if tap water is safe they should contact their local health department.
- Use the exact amount of water as instructed on the container. Always measure the water first and then add the powder. Adding more or less formula powder than instructed could cause harm.
- Keep powdered formula lids and scoops clean and close containers of infant formula or bottled water as soon as possible.
- Boil water and let it cool to no less than 158° F/70°C before pouring it into a clean and sterilized feeding cup with a lid, or bottle. Water should cool to this temperature within 30 minutes after boiling.
- Add formula, and carefully shake, rather than stir the bottle.
- Cool the formula to ensure it is not too hot by running the prepared, capped bottle under cool water or placing it into an ice bath, taking care to keep the cooling water from getting into the bottle or on the nipple.
- Test the temperature by shaking a few drops on the wrist.
- Formula should be used within 2 hours of preparation. The remaining unused formula should be discarded.
- If not planning to use the prepared infant formula right away, refrigerate immediately and use it within 24 hours.

**TIP: Remember to recommend direct breastfeeding as the first choice unless it is clinically contraindicated. Start the discussion with, “What have you heard about breastfeeding?”, and address concerns raised. Let parents know that support is available for them—regardless of feeding decisions. Always document the education provided, including education about the possible consequences to the baby’s health or to the success of breastfeeding when introducing breastmilk substitutes.**

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# Human Milk Expression: A Guide for Healthcare Professionals

## 5

**STEP FIVE:**  
**SHOW MOTHERS HOW TO BREASTFEED AND HOW TO MAINTAIN LACTATION, EVEN IF THEY ARE SEPARATED FROM THEIR INFANTS.**



*Direct breastfeeding or chestfeeding is best for parent and baby. When direct breastfeeding is not an option, expressed human milk provides the best nourishment. Many parents successfully combine work, school and breastfeeding by learning to express, store and feed their milk. An added benefit is that learning to express milk is proven to increase parents' self-efficacy.*

### Hand Expression

All new parents should leave the hospital knowing how to manually (hand) express their milk. While many choose to use breast pumps, manual expression is an easy, cost-free alternative that will help avoid painful episodes of engorgement that could lead to plugged ducts or even mastitis. The three online videos linked on the reverse side show various helpful demonstrations of how to hand express. Please view these and share this knowledge with new families.

### Safe Expression Best Practices

- Wash hands well before expressing or handling milk or collection equipment.
- Use appropriate breastmilk storage containers. Never use disposable bottle liners or plastic bags that are not intended for storing breastmilk.
- Wash equipment that touches the breast, milk or collection containers in hot, soapy water. Rinse thoroughly and air dry on a clean towel.

### Human Milk Storage Guidelines

	Storage Locations and Temperature		
Type of Breast milk	Countertop 77°F or colder (25°C) (room temperature)	Refrigerator 40°F (4°C) 40°F (4°C)	Freezer 0°F or colder (-18°C)
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 (24 hours)	Never refreeze human milk after it has been thawed
Leftover from a Feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding		
Adapted from "ABM Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants," Revised 2017			

*\*Note: these guidelines are for the healthy newborn. Healthcare professionals should follow hospital policies and protocols for storage and handling in the inpatient and/or critical care settings.*

CONTINUED ON REVERSE...





# Human Milk Expression: A Guide for Healthcare Professionals

## Storage Tips

- Clearly label the human milk with the date it was expressed.
- Do not store human milk in the door of the refrigerator or freezer. This will help protect the breast milk from temperature changes from the door opening and closing.
- If freshly expressed human milk will not be used within 4 days, freeze it right away. This will help to protect the quality of the breast milk.
- Freeze human milk in small amounts of 2 to 4 ounces (or the amount that will be offered at one feeding) to avoid wasting milk that might not be finished.
- When freezing human milk, leave about an inch of space at the top of the container because milk expands as it freezes.
- If human milk will be delivered to a childcare provider, clearly label the container with the child's name and ask the childcare provider about other requirements they might have for labeling and storing human milk.
- Human milk can be stored in an insulated cooler bag with frozen ice packs for up to 24 hours when you are traveling. Milk should be used right away, stored in the refrigerator, or frozen upon arriving to destination.

## Defrosting and Feeding Expressed Human Milk

- To defrost frozen milk, place it in a pan of warm water or defrost in the refrigerator.
- After defrosting, human milk may separate, with the fat on top. The milk can look a little yellow, orange, white or even clear. Do not shake the milk. Instead, gently swirl the milk to combine all of the components back together. Shaking human milk disrupts some of the molecular bonds, which changes the composition.
- Never microwave human milk. Microwaving can change the milk's composition and create hot areas that can burn a baby's mouth.
- Previously frozen human milk may be kept in the refrigerator for up to 24-hours. Do not re-freeze milk once it has been thawed.

## Free Video Tutorials

- *Dr. Jane Morton – Stanford Medicine* | <https://firstdroplets.com/abcs/>
- *Dr. Ann Witt and Maya Bolman – Breastfeeding Medicine of Northeast Ohio* | <https://vimeo.com/65196007>
- *Texas WIC – Every Ounce Counts* | <https://www.breastmilkcounts.com/moms-playground/educational-games/softening-and-expressing/>

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# Infant Feeding

## A Guide for Parents and Caregivers

*As a new parent or caregiver, you probably receive a lot of advice about how to feed your baby. This booklet will give you some basic information about feeding that can help your baby get the best start in life.*

### MYTHS and FACTS

**MYTH:** In hot weather, babies need water in a bottle.

**FACT:** Formula or mother's milk provides all the liquid a baby needs.

**MYTH:** Cereal in a bottle will help my baby sleep longer.

**FACT:** Cereal in a bottle will not help your baby sleep, and it may upset his tummy. Do not feed cereal until your baby can eat it from a spoon.

**MYTH:** If I am too busy to feed my baby, I can just prop the bottle.

**FACT:** Propping a bottle is not safe. A baby can choke. Take a break from what you are doing and enjoy this special time with your baby.



Photo courtesy of Wake AHEC



CAROLINA GLOBAL  
BREASTFEEDING INSTITUTE  
*Breastfeeding-Friendly CHILD CARE*

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In Collaboration With:

NC Child Care Health and Safety Resource Center  
NC Infant Toddler Enhancement Project  
Shape NC: Healthy Starts for Young Children  
NC Department of Health and Human Services  
Wake County Human Services and  
Wake County Smart Start

# Should I Schedule My Baby's Feedings?



**It is best to feed your baby when he is hungry.** It may feel tempting to put your baby on a strict feeding schedule, so you will always know when he wants to eat. But do you always eat at exactly the same time every day?

**It is best to feed your baby in response to her changing appetite.** Your baby may be more or less hungry at different times or on different days—just like you! It is best to feed according to her changing appetite.

**Doctors recommend that all babies be fed in response to their hunger cues,** not on a strict schedule.

## **Advantages of cue-feeding include:**

- Babies tend to grow better, especially after 3–4 months of age.
- Babies are calm for feedings, so they feed better.
- Breastfeeding moms have an easier time making enough milk for their babies.
- Babies learn to eat when they are hungry, which may help prevent obesity when they are older.

# But How Do I Know When My Baby Wants To Eat?

Your baby may not be able to speak, but he still is able to tell you what he needs.

- **When a baby is hungry**, she will open her mouth, stick out her tongue, and move her head from side-to-side. While sleeping, she may start to wriggle. If her hand is near her mouth, she may try to suck on it. **Crying is a late sign of hunger.**
- **When a baby is full**, he will move away from the food. Never prop a bottle, because it forces a baby to eat more than he wants. It makes him overeat and can increase vomiting. Just like adults, babies know when they have had enough.
- **When a baby wants to have some quiet time**, she often will look away. She may have changes in her skin, her movements, or her breathing.
- **When a baby wants to cuddle**, he will look at you. As he gets older, he will smile.
- **When a baby is unhappy**, she will fuss and sometimes cry. All babies do this from time to time. You can never “spoil” your baby by comforting her. Responding to her cries will help her feel more secure and cry less often.

*When you try to understand what your baby is “saying,” both of you will be happier and more confident!*



# But Why Should I Care About Breastfeeding?

Even if you are not a breastfeeding mother, consider learning more about breastfeeding.

- **I work in child care**, and it is part of my job to care for breastfeeding babies. I want to have the training and information to take the very best care of all of the babies in my care.
- **I am an employer**, and I want to know all I can about supporting my employees, including breastfeeding mothers.
- **There is a mother in my life who is breastfeeding**, my sister or daughter or friend. I want to do all I can to support her choices about feeding her baby.
- **I may have another baby someday.** Although feeding formula is the right choice for our family right now, I would like to learn more about how I can give my next baby the very best start in life, and how breastfeeding can be a part of that.



*If you would like to learn more, ask your provider for our booklet “Breastfeeding: Making It Work.”*

*Copies also can be downloaded at our website:*

*<http://cgbi.sph.unc.edu/>*

# FEEDING CUES

## 1. EARLY CUES: "I'm hungry"



Stirring



Mouth opening



Turning head  
Seeking/rooting

## 2. MID CUES: "I'm really hungry"



Stretching



Increasing movement



Hand to mouth

## 3. LATE CUES: "Calm me, then feed me"



Crying



Lots of movement



Color turning red

**CALM CRYING BABY  
BEFORE FEEDING**

Cuddling, Skin-to-skin on chest  
Talking, Stroking



**LOOK FOR EARLY  
FEEDING CUES**

# Infant Feeding Cues: A Guide for Healthcare Professionals



## STEP EIGHT: ENCOURAGE BREASTFEEDING ON DEMAND.



*During the first few days of life, parents are learning to communicate with each other. This is a unique learning and bonding time. As a healthcare professional, you can help your patients be responsive to their baby's language by teaching them how to recognize and respond to their infant's cues.*

### Evidence suggests that mothers who understand infant feeding cues are:

- More confident and satisfied with the hospital care they received
- More likely to succeed with breastfeeding
- More able to calm their infants

### What are Infant Feeding Cues?

Cues are the infant's language to let us know what they need. Newborns communicate with easy-to-recognize signs that let you know when they are hungry, full, tired, need to be changed and want quiet time. Learning the infant's language is a new skill for all parents. You can help facilitate this process by teaching some common infant signs of hunger and fullness, outlined in the table below. Feeding according to these cues ensures that infants receive small amounts of colostrum or breastmilk at very frequent intervals. This is exactly what a newborn's stomach size can accommodate without uncomfortable overstretching (see image on reverse side). In addition, frequent feedings (8-12 times per 24 hours) help to prevent jaundice and hypoglycemia.

### Pacifiers

Introducing pacifiers may make it difficult for parents to recognize their baby's signs of hunger. In general, breastfed infants should not be given a pacifier, unless medically recommended, until breastfeeding is well established (typically 3 to 4 weeks).

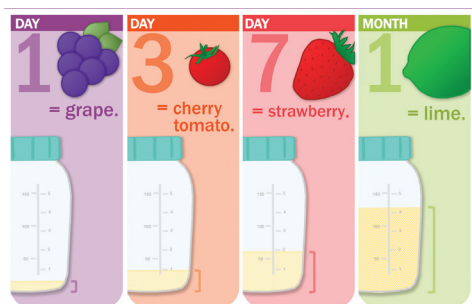
Infant Hunger Cues: Feed Me!	Infant Fullness Cues: That's Enough!
Nuzzling the breast	Relaxed position
Eye movement under closed eyelids	Slowing eating pace
Increased alertness (waking)	Stopping sucking
Sucking on hands or tongue	Turning face away from nipple
Rooting—searching for something to suck	Closing lips tightly when nipple is presented
Bringing hand to mouth	Becoming fussy
Squeaking or light fussing	Increasing attention to surroundings
Tongue thrusts	Falling asleep* (Some newborns sleep through their hunger cues and need to be aroused to feed with sufficient frequency.)
Crying is a late sign of hunger	

CONTINUED ON REVERSE...



# Infant Feeding Cues:

## A Guide for Healthcare Professionals



APPROXIMATE INFANT STOMACH CAPACITY

Day 01: 5 - 7 ml  
Day 03: 22 - 27 ml  
Day 07: 45 - 60 ml  
Day 30: 80 - 150 ml

When parents respond to their newborn's feeding cues, they build trust and a sense of security. Infants learn that their needs are going to be met. This is the one aspect of responsive feeding, which, when practiced throughout young childhood leads to optimal growth and development.

### Is crying a feeding cue?

Newborns have immature nervous systems easily overloaded by excessive activity in their surroundings, resulting in crying. When newborns are ready to eat, they will first display one or more feeding cue rather than crying. It is best to avoid waiting to start a feed until the infant is crying. Infants latch best when they are organized and alert. When crying, they are less likely to demonstrate normal feeding responses.

**Crying is a natural and normal behavior for infants. It can mean that something is making the infant uncomfortable, such as too much stimulation, a dirty diaper, or tummy pains. It can also mean that the infant needs to be close to mom or another familiar person. It is important to work with parents to help them respond effectively to their crying newborn.**

- Suggest that the baby and mom rest skin-to-skin and belly-to-belly.
- Suggest that the baby be placed close to mom, with a supported back, and arms free to move.
- Suggest that the baby may feel comforted by the mother's soothing voice.

**If the infant is still crying, suggest additional calming techniques, such as:**

- Gently rocking baby from side to side (ear to ear).
- Cocooning baby in mother's arms, holding somewhat firmly in a fetal position. Once the infant (and mother) are calm, suggest they start to nurse. Breastfeeding will calm both the infant and the mother even further. If the mother is still concerned, she may need some extra support at this time.

**Tip: Parents of low birth weight, preterm or early term babies, and newborns that are losing excess weight will need to be educated on feeding with early feeding cues. They may need to wake to feed so that the infant receives at least 8 feedings per 24 hours.**

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# BREASTFEEDING and YOUR LIFESTYLE

You know breastfeeding is good for you and your baby, and you want to provide your milk for your baby! Many mothers have questions, though, about some lifestyle choices.



## What About Medications?

- Most medications can be taken while breastfeeding.
- There are alternatives for those medications that may not work with breastfeeding.
- Talk with your health care provider about options that work with breastfeeding.
- An online resource for information about medications and breastfeeding is the NIH database – LactMed. <http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>.

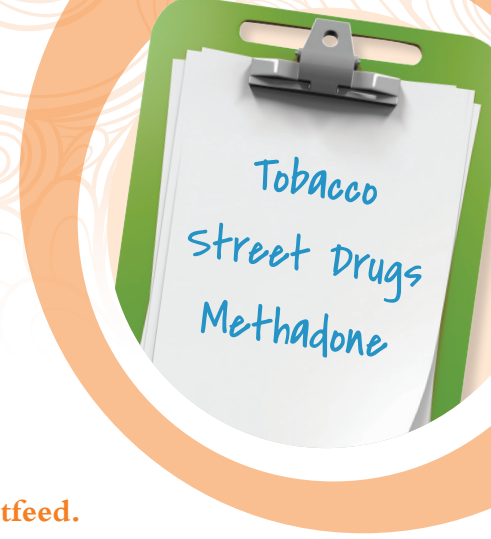
## What About Alcohol?

- Moderate alcohol consumption on occasion is okay.
  - Moderate means no more than one drink/day for women of legal drinking age for optimal health.
  - One alcoholic drink equals: 12 fluid ounces of regular beer (5% alcohol), 5 fluid ounces of wine (12% alcohol), or 1.5 fluid ounces of 80 proof distilled spirits (40% alcohol)
- It's best to drink right after your baby feeds to allow time for the alcohol to clear your system before your baby feeds again.
  - It takes about 2 hours for a single serving of alcohol to clear out of your system.
  - There's no need to “pump and dump” after a single drink.
- **Always avoid excessive drinking when caring for your baby, whether you breastfeed or use formula.**

## What about Caffeine?

- Caffeine in moderation is generally okay. (up to 3 cups spread out throughout the day).
- If your baby is fussy or wakeful, you may need to consume less caffeine or avoid it until your baby is older.
  - Babies under 6 months may be more sensitive to caffeine because it takes much longer for caffeine to clear out of their system.
- Remember that caffeine can be found in coffee, tea, soda, chocolate, and even some medications.

# BREASTFEEDING and YOUR LIFESTYLE



## What About Smoking?

- One of the best things you can do for your baby's health and your health is to quit smoking, and to remain smoke-free.
- **If you are going to smoke, it is better to breastfeed than not to breastfeed.**
  - Reduce the amount that you smoke as much as possible.
  - Change your shirt before taking care of baby.
  - Try to smoke outside and avoid smoking in the car.
- Tobacco smoke, including second hand smoke, can increase your baby's risk for many health problems and sudden infant death syndrome (SIDS).
- Many quitting aids are safe for your baby while breastfeeding.
  - Check out the You Quit, Two Quit online resource at <http://youquittwoquit.com/>
  - Seek phone help at QuitLine NC 1-800-QUIT-NOW (1-800-784-8669).
- Talk with your health care provider to learn more.

## What About Street Drugs?

- Marijuana, cocaine, heroin, phencyclidine (PCP), and other street drugs should not be used if you breastfeed your baby.
  - These substances pass into your milk easily.
- Use of these drugs, including marijuana, while breastfeeding can cause short and long term problems in your baby's growth, behavior, and development.
- Tetrahydrocannabinol (THC) is the chemical in marijuana that makes you feel "high."
  - THC is stored in body fat and stays in your body for a long time.
  - Your milk has a lot of fat, because fat is good for your baby's brain and body development.
  - THC can stay in your milk for a long time, too. Why does that matter?
  - Your baby's brain or body may store THC from your milk for a long time.
- Your health is important. If you have any concerns about substance abuse, please ask your health care provider for help.

## What About Methadone?

- Methadone often is prescribed to help women with heroin or opiate dependence.
- You can breastfeed if you are taking methadone or Buprenorphine.
- Breastfeeding can help babies who are experiencing withdrawal.

# Breastfeeding and Child Care: What Moms Can Do

Photo courtesy of Leslie Koehn Photographic  
www.lesliekoehn.com



*At our child care center, we want to do everything possible to support you as you continue to breastfeed your baby.*

**Here are a few suggestions:**

- **Make sure that all milk you bring to the child care center is properly labeled** with your child's name and the date you expressed the milk.
- If possible, **visit our center during the day to breastfeed your baby.** This will mean less time needed to express your milk and more time spent with your baby.
- **Let us know if your pick-up time is going to be different than usual.** Together, we can adjust your baby's feeding schedule.
- When you arrive at the center to pick up your baby, **allow some time to sit and feed your baby** before you leave.
- **Avoid introducing formula.** Feeding formula may reduce your milk supply.
- **When you are with your baby, nurse frequently** and in response to your baby's cues. It is best not to stick to a strict feeding schedule.
- If you are having trouble with breastfeeding or making enough milk, **help is available.** Our child care center has a list of community resources that we can share with you.

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<http://breastfeeding.unc.edu/>

In Collaboration With:

NC Child Care Health and Safety Resource Center  
NC Infant Toddler Enhancement Project  
Shape NC: Healthy Starts for Young Children  
NC Department of Health and Human Services  
Wake County Human Services and  
Wake County Smart Start

# Bringing Milk to the Child Care Center

## Containers

- Human milk can be safely stored in glass, hard plastic bottles, or storage bags specifically designed for storing human milk. Choose containers that do not have BPA.
- When storing milk in bottles, wash bottles in hot soapy water and rinse. Sterilization is not needed.
- Milk will expand when it is frozen, so leave room at the top of the bottle if you plan to freeze the milk.
- Put only 3-4 ounces of milk into each container, or the amount your baby eats at a single feeding.

## Labeling

- Use a permanent marker or other labeling that will not rinse off when wet.
- Label each container with the date you expressed the milk.
- Label each container with your child's name.

## Storage at home

- If you are planning to use the milk within 4 days, you can store in the refrigerator.
- Frozen milk can be stored up to 12 months in the freezer.
- For detailed milk storage guidelines - [http://www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm)

## How much milk should I send?

- Infants over 6 weeks old usually eat 3-4 ounces every 3 hours. You will learn how much your baby needs each day.
- It is best to send the fresh milk you expressed during the last time you were away from your baby.

# Lactation Station



BreastfeedDurham.org



# Feeding the Future Here is a space.

