

Breast Pumps

Keep in mind that the American Academy of Pediatrics recommends that, as long as milk production is good and baby is gaining well, babies have nothing but breastmilk for the first 6 months of life and continue to have breastmilk for at least one year, longer if possible, the World Health Organization recommends breastfeeding for two years. Just find what works for you and know that you are giving your baby the very best!

In normal circumstances, you will not have to pump your breasts for a number of weeks after delivery. It is highly recommended to hand express often in the first couple of weeks to insure good milk production. (see hand expression info.)

Did you know that breastfed babies do not have to use bottles? If you are a full-time, stay-at-home mom, you will not need a breast pump at all. If you are a stay-at-home mom who would like to leave the baby with another caretaker occasionally, you might need a pump. If you are a working mom, a mom who travels without baby often, or a mom of a premature baby, you will definitely need a breast pump if you are going to try to give breast milk as much as possible.

The Montana state and the US federal laws protect your right to feed your baby. What this means for you is that your employer is required to allow you breaks to pump and a place to pump with a locking door that is not a bathroom. <http://www.ncsl.org/research/health/breastfeeding-state-laws.aspx>

Factors To Consider When Choosing A Breast Pump

Efficiency is the bottom line when it comes to breast pumps. Most working mothers will be pumping several times a day (about every 3 hours) and will need something convenient, portable, quick, and efficient. This purchase shouldn't be made without a little bit of thought going into it first. Recommendations from friends, family and baby and parenting magazines are great, but different pumps meet different needs. Here are some tips to choose the right pump for you: 1. How often will you be using your pump? Women who are going to pump only occasionally may only need to purchase an inexpensive hand pump, while women who will be returning to work soon after giving birth will probably need a double/electric pump to be successful at pumping. A hospital grade breast pump is also a great option. Most women choose to rent one of these pumps instead of purchasing as they cost around \$2500. Renting a hospital grade pumps can be done through the Children's Clinic. 2. How portable do you need it to be? If you will be using it at work, you will need something lightweight and portable, while a large bulky model might be fine for something that stays at home or at the office all of the time. 3. How much time will you have for pumping sessions? If you will be pumping at home, it might be okay to get a single pump, but for very efficient and quick pumping you will need a double pump with good suction. You should arrange to pump every 3 hours when away from your baby. This will help you to maintain your milk supply.

Helpful Tips For Pumping

1. Make pumping routine. Try to pump at the same times each day. Get everything ready and use the same relaxation techniques each time.
2. Massage your breasts before and during pumping. Some massage before pumping can stimulate your milk and clear clogged ducts. Hand expression is also beneficial for long term milk production.
3. Stay hydrated. Drink a glass of water before pumping and one while pumping.
4. Use visualization or relaxation techniques. This will allow your letdown to come faster and get things started more efficiently.
5. Try to use sound to relax. Whether it is the sound of rain or your child's voice, use sound to help you relax and flow better.
6. Remind yourself of your baby. Have videos or pictures of your little one on your phone. Focusing on your child will help your flow.
7. Be sure your breast shields/flanges fit correctly. The nipple should be drawn into the cylinder and only $\frac{1}{4}$ inch of the areola should come into the cylinder. If this is not the case or if pumping hurts, get help. All pump companies have wonderful customer service departments designed to help you.
8. Adjust suction and speed settings for comfort. Keep in mind that you are not trying to suction milk from your breast, you are trying to stimulate flow with your pump. Keep your pump set in the lower ranges to avoid nipple pain and damage.
9. Pump as often as you would nurse. Pump every 2-3 hours, including at night if your baby is sleeping through the night. Nurse as often as you can when at home to keep up supply. Pump in the early morning when you will get a high yield.
10. Make sure your pump is regularly maintained. Poor maintenance can affect function and yield. If you are not getting good results, contact your pump's customer service department for trouble shooting.

My Recommendations for Breast Pumps:

Medela Pump in Style, Sonata and Symphony (hospital grade)

Spectra

Hygeia

Willow

Ameda

Haakaa

To rent a hospital grade breast pump, contact Children's Clinic at 281-8700.

To obtain your personal use pump through an insurance preferred provider, you may need a prescription – check with your insurance company. The St. Vincent Medical Supply store has the Medela Pump in Style and the Spectra in stock. They can order the Willow for you. This store will process your insurance paperwork for you. They are located at: 1124 16th St W, Billings, MT 59102, phone: (877) 859-2795

To obtain your Medicaid breast pump, you will need a prescription and then go to the website:

MontanaMedicaidBreastpumps.com, this will take you to: Healthy Babies Happy Moms and you will order your pump through this website.

Breast pumps can be obtained before you give birth in most cases. Prescriptions can be obtained through your OB or your pediatrician. If your baby comes early, you have twins, are separated from your infant or other medical issues, your insurance provider may pay for a hospital grade breast pump. Check with Lesli to verify if you need a hospital grade pump. If you use a hospital grade pump in the hospital, be sure to keep *ALL* of the parts that go to the pump! Lift the lid and take the caps, tubing and flanges, etc.