

Valuable Resources for Breastfeeding moms in Carithers Pediatrics

Breastfeeding is a wonderful way to provide complete nourishment to your baby. That being said, in many cases it is not immediately intuitive or easy to do! Breastfeeding is hard. For the first week or two as you and your baby learn to nurse, it can be painful, tiring, and very stressful. In hopes of minimizing anxiety about the process, we have compiled a list of our favorite trusted resources to help you along the way. Please take a moment to consider the following and know that we will assist you in every way we know how!

Lactation Help

Local support - phone help and in-person consults:

Baptist Hospital lactation: 202-2298 (Downtown), 271-6831 (Baptist South)

St. Vincent's Seton Center: 308-6359

Memorial Women's Center: 391-1538

Breastfeeding and Lactation of Jacksonville: 904-707-6455

Top websites and resources –

Dr. Thomas Hale - www.infantrisk.com

Dr. Jack Newman - www.breastfeedinginc.ca

www.kellymom.com

La Leche League of Jacksonville: www.llofjax.org

Medela.com

Hmbana.org (Human milk banking assoc)

<https://www.youtube.com/watch?v=7FJuBn2bgNk>

(deep latch technique video)

Medications considered safe while breastfeeding:

Pain/fever: acetaminophen, ibuprofen

Allergies: loratidine (Claritin) Cold meds: dextromethorphan (cough suppressant).

Antibiotics: amoxicillin, cephalexin (Keflex), Azithromycin (Zithromax)

Anti-fungals (yeast): fluconazole (Diflucan), nystatin

Oral Contraceptives: progestin-only; IUD's with progesterone

Anti-depressants: sertraline (Zoloft)

How to handle pumped breast milk:

(Adapted closely from “New Mother’s Guide to Breastfeeding,” 2nd Edition, Copyright © 2011 American Academy of Pediatrics)

- Use clean containers to store expressed milk. Try to use screw-cap bottles, hard plastic cups with tight caps, or special heavy nursing bags that can be used to feed your baby.
- For a normal, healthy infant at home, use sealed and chilled milk within twenty-four hours. Discard all milk that has been refrigerated for more than ninety-six hours.
- Freeze milk if you do not plan to use it within twenty-four hours. Frozen milk is good for at least one month in a freezer attached to a refrigerator or for three to six months if kept in a deep freezer at 0°F or below. Store it in the back of the freezer, where the temperature is coldest, not in the door. Be sure to label milk with the date and time that you expressed it. Use the oldest milk first. Keep in mind that the fats in human milk begin to break down with storage, so using frozen breast milk within three months is desirable.
- Freeze about 2 to 4 ounces of milk per container.
- Do not add fresh milk to already frozen milk in a storage container.
- You may thaw milk in the refrigerator or by placing it in a bowl of warm water.
- Do not use microwaves to heat bottles because they do not heat them evenly. Uneven heating can scald your baby or damage the milk. Bottles can explode if left in the microwave too long. Excessive heat can destroy important proteins and vitamins in the milk.
- Previously frozen milk that has been thawed in the refrigerator must be used within twenty-four hours or discarded.
- Do not refreeze milk or save unfinished milk from a partially consumed bottle to use at another feeding.

Basic tips for augmenting low milk production:

While the general principle of supply/demand typically applies to milk supply (i.e. the more your baby nurses, the more milk your body will make), not every situation is “by the book.” If you find yourself with a dwindling supply, the following are some methods that may help boost production.

- Nurse and/or pump with increased frequency and for a longer period of time.
- Drink more water, try to get at least 8 hours of sleep in a 24-hour period, and de-stress!
- Consult us or your OB’s office if you have specific questions about medications or herbal supplements as these may, in appropriate situations, help increase supply.
- Check out the list of “Top Websites and Resources” above for more ideas.

Remember – breastfeeding is a journey and we are happy to be a part of your team. Remember to take care of yourself and try to enjoy the bonding time with your baby!