

Your Baby is month!

During the next month you may need to be separated from your baby. Many women are planning on returning to work while others are ready to have some outings without the baby. It is best for the baby and your milk supply if you use your pumped breast milk to supplement baby when she needs a bottle.

Check out these pumping and hand expressing how to's: <https://wicbreastfeeding.fns.usda.gov/learning-pump-and-hand-express>

How do I know how much milk to leave for my baby?

Research tells us that exclusively breastfed babies eat an average of 25 oz. per day between the ages of 1 month and 6 months. We can use this information to estimate the average amount of milk your baby will need at a feeding:

- 1 Estimate the number of times that baby nurses per day (24 hours).
- 2 Divide 25 oz. by this number.
- 3 This gives you a “ballpark” figure for the amount of expressed milk you’re exclusively breastfed baby will need at one feeding.

Babies that eat more than what you pump, may be eating more than what they need

- ✦ The amount you pump while away from baby should be what the baby needs during that timeframe.
- ✦ **Paced bottle feeding** can help with this. [This video](#) will show you how to use this technique
- ✦ **Breastmilk is not like formula feeding.** Babies increase the ounces of formula they need because calories per ounce in formula remains the same as infants get older. Breast milk changes in calories and protein per ounce as the baby grows, so their intake remains close to the same.

Why is my baby hardly eating during the day when I am gone, but then is constantly at the breast as soon as I get home?

Some babies do “reverse-cycling” and your baby may take just enough milk from a bottle to take the edge off their hunger, then waits for you to return to get the bulk of calories. Babies will typically nurse more often and longer than usual once mom returns. Some mothers encourage reverse cycling so they won’t need to pump as much milk while they are away. Reverse cycling is common for breastfed babies, especially those just starting out with the bottle.



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Four to six weeks is a good age to teach your baby to drink from a bottle in addition to breastfeeding. You are comfortable breastfeeding and baby is old enough to learn a new skill. **Here are some tips on how to get started:**

Offer a practice bottle everyday for a week or two. Mornings seem to work best for most babies. Be patient and don't force baby to take the bottle. Take a break and try again later. After baby is doing well you can cut back to a few days a week.

A slow-flow nipple is the most appropriate one for breastfed babies. Feeding at the breast is more work than drinking from a bottle (which is why breastfeeding helps normal jaw and speech development), but if your baby gets used to a very fast-flow nipple, it could lead to overfeeding during the day.

Baby should be held in an upright position, not laying flat. Hold bottle horizontally; you want baby to be able to control the flow of milk. The milk should fill half the nipple and baby will expel air with the tongue. The nipple should be placed deeply in the baby's mouth so baby can move the tongue the same as at the breast. Look for a good seal. The baby's lips should roll out and not flip under.

This is also time to do some practice pumping. Pump once a day to have milk to put in baby's practice bottle. Start with one or two ounces per feeding. Breastmilk can be kept 4 hours at room temperature and 4 days in the refrigerator. Use freshly expressed breastmilk when you can; this will make bottle-feeding as close to breastfeeding as possible. Frozen breastmilk is good for 6 months in a freezer and up to 12 months in a deep freezer.

How do I maintain my milk supply while I am away from my baby?

- ◆ Nurse your baby right before you leave
- ◆ Remove milk every 2-3 hrs - about the same amount of times your baby eats while you are away
- ◆ Use hand expression and massage - your baby is better at removing milk than a pump so you need to help your pup out. Massage and compress your breasts while pumping. After pumping, massage well and hand express or pump again for a couple more minutes to completely empty your breast. You may only get a few more sprays, but the emptier your breast, the louder the signal in your body to make more milk.
- ◆ Nurse your baby as soon as you get home.



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Milk Storage Guidelines
found here