



The healthy start your baby deserves is in your hands.



You have the power to help your child through this time of transition.

Supporting breastfeeding and supplying your child with breastmilk will help ease your child's anxiety and keep them healthier during this often stressful time.

Breastmilk keeps babies healthy. Include breastmilk in your child custody agreement.

You have your child's best interest at heart.

Child custody, support, and visitation decisions are based on what is in the best interest for the child. Finding a solution that supports the needs of the child is the judge's first priority. Because breastmilk is so important, in most cases it would serve the child's health and well-being to continue to provide breastmilk.

Breastmilk matters because you want to keep your baby healthy.

The scientific evidence is clear: breastmilk provides tremendous short and long term health advantages for a child. The longer a child receives breastmilk, the greater the health protection for both the child and the mother. The American Academy of Family Practice Physicians states, "a child is at increased risk for illness if weaned before the age of two."

Formula is not a substitute for breastmilk.

Human milk cannot be duplicated. Formula, or artificial milk, which is made in a factory and sold in the store cannot compare to breastmilk. Human milk is the gold standard of nutrition for ALL infants/children and is recommended by the American Academy of Pediatrics as the optimal diet. Scientists continue to study and find new components in human milk that improve health. A woman's body makes milk that meets the needs of her child and no two mothers produce identical milk. For example, if a baby is sick, the mother's body creates a special substance that helps fight the germs. Breastmilk is not just food; it also protects the child from disease and infection.

3 TIPS

FOR THE CAREGIVER OF THE BREASTFED CHILD

1



BREAST MILK IS NOT A BIOHAZARD

Human milk is food.

The Centers for Disease Control and Prevention (CDC) and Occupational Safety and Health Administration (OSHA) do not classify human milk as a biohazard.

In places of work or child care settings, breast milk can be stored in a shared company refrigerator.

Source: womenshealth.gov



LEARN MORE

www.breastfeedla.org

2



BREAST MILK IS STABLE AND EASILY STORED

BREAST MILK STORAGE GUIDELINES

Location of storage	Temperature	Max. recommended storage duration
Room Temp.	16–29°C (60–85°F)	4 hours optimal
		6–8 hours acceptable under very clean conditions
Refrigerator	4°C (39.2°F)	4 days optimal
		5–8 days under very clean conditions
Freezer	0°F (–18°C)	6 months optimal
		12 months acceptable

Source: ABM Protocol

Adapted from Michigan Breastfeeding Network

3



PACED BOTTLE FEEDING MIMICS BREASTFEEDING & SUPPORTS HEALTHY DEVELOPMENT

Babies should be bottle-fed:

- When they're hungry, not on a schedule
- Held and sitting up
- Gently, allowing the infant to draw nipple into mouth
- With bottle held horizontally
- Consistent with a breastfed rhythm with frequent pauses
- Switching from one side to the other side midway through a feed
- Letting baby control the flow, usually taking around 10-20 minutes

Source: Kellymom.com

PRESS



COMPRESS



RELAX



HOW TO HAND EXPRESS BREASTMILK

WHY HAND EXPRESS? Hand expression is a useful tool that every mother should learn and has been shown to produce more milk than using just a pump. Hand expression can boost your long-term milk supply, increasing the amount of breast milk you make for your baby and the duration of your breastfeeding relationship. Hand expression is convenient, free, and can help to relieve pain in the early days after having your baby. In the first few days, it is normal to see only a few drops during hand expression.

WHEN SHOULD I HAND EXPRESS? It can be particularly useful to hand express colostrum during the first few days after delivering your baby. In the postpartum period, hand expression is more effective than a breast pump. As your milk volume increases, hand expression can be used to relieve engorgement, in place of a breast pump to remove milk, and can be done anytime to collect milk for your baby.

HOW DO I HAND EXPRESS? You will need to develop a rhythm of “**PRESS, COMPRESS, RELAX**” during hand expression. You can follow the steps below:

1. **WASH HANDS** when possible.
2. **RELAX** and place your hands over your breasts and gently massage.
3. **FORM A “C”** with your fingers about an inch back from the edge of the dark area around the nipple (the areola) with your nipple midway between your thumb and index (pointing) finger.
4. **PRESS** back toward your chest while in the “C” position.
5. **COMPRESS** your breast with the soft pads of your thumb and index finger. Continue to press backward (inward) and avoid sliding your fingers down toward the nipple.
6. **RELAX** the pressure and start over.
7. **GO BACK AND FORTH** from 1 breast to the other (right, to left, to right) with up to about 10 compressions on each breast before switching. As you learn to express your milk, you will discover the “sweet spots” where the milk drops will come out the easiest. You can do this all around the edge of your areola as you have milk ducts all the way around!
8. **COLLECT YOUR MILK** into a spoon, cup, or into the breast shield of the pump.

Adapted from: Using Your Hands to Express Your Milk by Dr. Anne Merewood PhD, MPH, IBCLC and Jane Abeel Morton MD FABM

Mothers should feel empowered to hand express milk for their babies at anytime. Hand expression can change the outcome of a mom’s breastfeeding journey. Hand expression helps to stimulate milk supply, produces more milk than pumping alone, increases breastfeeding rates, and is an option for all mothers because it is free and requires no special equipment. Hand expression gives mothers multiple options for providing breast milk to their children.

To learn more, join the movement to change the system for breastfeeding support. Visit the BreastfeedLA website at: www.breastfeedla.org.

Flaherman, V. and Lee, H., “Breastfeeding by Feeding Expressed Mother’s Milk,” Pediatric Clinics of North America: Breastfeeding Updates for the Pediatrician 60 (2013): 227-246.



Adapted from Michigan Breastfeeding Network

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www.breastfeedla.org