

Breastfeeding and more!

MilkWorks offers a variety of classes for expectant and new parents. For a one time fee of \$30 (a \$40 value), you can attend all of the following classes:

Breastfeeding 101

Learn the basics of breastfeeding, including how to use a breast pump and when to get help. For expectant parents. Fee: \$20

Introducing Solids & Making Your Own Baby Food

Perfect for parents of babies who are 3 to 9 months old. Understand readiness tips, safety awareness and introducing new foods. Plus, learn how to make your own healthy baby food! Taught by a registered dietician. Fee: \$10

Milk Memos

Designed for moms who are returning to work outside the home while breastfeeding. Attend during your maternity leave, or when back at work or school. Fee: \$10

For more information about the classes at *MilkWorks*, check our web site www.milkworks.org or call 423-6402.

Parent Information Center

Visit our web site at www.milkworks.org for trustworthy information on all basic breastfeeding concerns.

Baby Weigh Station

Drop in and weigh your baby during our open hours seven days a week. No fee.



A good night's rest helps you through your day – whether retuning to work or staying home. Keep baby nearby for quick feedings and safely in her own space for peace of mind. The award-winning Arm's Reach® Co-Sleeper bassinet will makes nights – and days – easier for the whole family.

Available at *babyworks*, the boutique at *MilkWorks*.



The boutique at *MilkWorks*

Upcoming Specials at *babyworks*

Check out *babyworks*, the boutique at *MilkWorks*. Enjoy savings on products you want, or find the perfect baby gifts for your friends. Remember, your purchase helps us create a healthier community by helping mothers breastfeed their babies.

May – Happy Mother's Day!
Save 15% off storewide* May 1-7.

June – Start summer off on the right step!
Save 15% on shoes and socks all month.

July – Back to school!
Save 15% on backpacks, lunch boxes and reusable lunch bags.

August – Celebrate World Breastfeeding Week!
Save 15% off storewide* August 1-7.

*Sales exclude breast pumps. Free gift in lieu of discount with Petunia Pickle Bottom. Sorry, no double discounts.

The Pump that working moms rely on.



Medela® Pump In Style® Advanced and Freestyle® hands-free pump.

Full line of Medela® accessories.

Expert pump advice.



The boutique at *MilkWorks*

58th and Old Cheney • 402.423.6402 • open daily

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Milk matters

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Breastfeed AND Return to Work? Making it Happen

By Ann Seacrest, RN, IBCLC
Executive Director of *MilkWorks*

In today's world, little girls grow up to be anything they want to be. Doctors, teachers, beauty consultants, and engineers. But many girls also grow up to be mothers – mothers who make the decision to breastfeed their babies.

How does a new mother continue her hard-earned profession outside the home AND breastfeed?

In the year 2011, women are fortunate to have access to high-quality pumps and a wealth of information gained from other women who have paved the way. While it may seem more complicated to continue to breastfeed when you return to work, in reality you will be making life easier for you AND your baby – not to mention your employer!

The City of Lincoln and Lancaster County guarantee the right of a city or county employee to return to work and continue to breastfeed by allowing breaks and a private space to pump. New federal regulations assure all mothers these same benefits if the company they work for has 50 or more employees. Many Lincoln companies are very supportive of mothers continuing to breastfeed once they are back at work outside the home.

Human milk helps to maintain a stronger immune system, so your baby can fight infections more easily. In addition, complex factors allow your baby's blood pressure, cholesterol and insulin to function as they were designed. The actual process of having a baby at the breast is thought to assist in optimal brain development.

Healthy babies mean that employees miss less work, both when their babies are young and as their babies grow into childhood. As a mother, this means that you spend fewer nights awake with a sick baby and your co-workers spend less time covering for you. Healthy babies also mean decreased health care costs for our entire community.

Mothers who breastfeed while back at work may feel like their life is very full. But pumping can actually be a wonderful way to continue to care for your baby while separated. Coming home from a long day and settling down to nurse your baby can be very relaxing.



Photos Courtesy of Images for a Lifetime by Erica Thompson ©2010

The reality is that breastfeeding after returning to work requires some extra planning. Many mothers have done it very successfully. Seek out the resources that will help you to feed your baby the way that you want to. After all, infant nutrition is a long-term investment in the health of your baby!

Breastfeeding Assistance:

MilkWorks

www.milkworks.org
423-6402 · Open daily
5930 South 58th
(in the Trade Center)

MilkWorks provides a variety of services to help mothers breastfeed their babies, including education, support, consultations, pump rentals and breastfeeding supplies.

Lactation Care Package

Not all women have challenges when it comes to breastfeeding. But for those who do, MilkWorks has four board certified lactation consultants (LCs) ready to help you.

To make it easy, our LCs offer an innovative **Lactation Care Package** for mothers with babies less than 2 weeks old. For a sliding scale fee, you receive a complete feeding assessment, along with proven guidance and extensive follow-up to make sure that your baby is feeding well and gaining weight. We have you return as many times as you need to, with no additional costs, unless you need special supplies like a breast pump. And if you do need a rental pump or scale, we make it available at a discounted rate.

Stop in and check out our services. We think you will like how accessible and comprehensive our care is. Just ask your friends.

“Breastfeeding my son would not have been possible without the expert guidance that you gave us in the early days.”

Tanya (mother of Mark)

Also at MilkWorks-

Dr. Kathy Leeper, a pediatrician and board certified lactation consultant, is Nebraska’s first **Breastfeeding Medicine Specialist**. She is available for appointments for babies with unique breastfeeding challenges, such as prematurity, ankyloglossia and food sensitivities.

At MilkWorks

Support for Moms with Double Duty

Mothers who return to work outside the home often benefit from extra support. MilkWorks offers several services that help you learn from the wisdom of other women.

Milk Memos is a class designed for new mothers who are planning to return to employment outside the home. You are invited to join a small group of women during your maternity leave and learn the “ins and outs” of pumping, storing milk and returning to work. This class is based on a book by two women who work for IBM, and is taught by a mother and breastfeeding educator who has worked outside the home while breastfeeding. There is a \$10 fee for the class.

Second Shift is a listserv for breastfeeding women who are back in the work force. It is particularly designed to provide support for women who do not have co-workers who are also pumping and breastfeeding. There is no fee to participate.

Return to Work and Breastfeed Your Baby is a community event co-sponsored by MilkWorks and Medela. Parents are invited to a FREE breakfast and educational presentation. A panel of mothers who have breastfed while working outside the home will share helpful tips and door prizes will be awarded. Registration is necessary and is limited.

Call MilkWorks at 423-6402 or visit our web site (www.milkworks.org) for more information on dates, times and registration.

BUSY MOM MAKES IT WORK

Angie Keim was already the mother of three (including twins), when her fourth child was born during the middle of college mid terms! Two weeks later, Angie returned to school, taking her newborn with her. “I missed 10 days of classes and then toted baby Emersyn and my pump to campus with me,” Keim said. “I breastfed between classes and kept a bottle of pumped milk with me in case she got hungry during class.”

When Emersyn started attending campus day care, the providers there worked well with Angie and her baby’s feeding needs. Angie explains, “I would stop by day care and nurse between classes, but I also left some pumped milk for my baby. They knew my schedule and were good about not feeding Emersyn if I was going to be finished with class soon.”

Once she graduated, Angie found student teaching a bit more difficult. Her schedule was less flexible. Angie breastfed before she left home, dropped baby Emersyn at day care and then pumped in her car on the way to work with a hands-free bustier. At school, she would pump while her students were in specials and again over her lunch break. And it worked!

After nursing four children, Angie had an unexpected challenge when her fifth child, Brycen, was born. Breastfeeding had been so easy for her other chil-



Angie and her youngest, Brycen.

dren, but not so for Brycen. Despite a very busy and full life, Angie took the time to get help at MilkWorks so that Brycen could overcome his feeding difficulties. After a couple of weeks, Brycen was feeding well and, Keim says, “Our whole family was happy again!”

Angie is back at work now at the district office for Lincoln Public Schools. She has a great routine of pumping during breaks and over her lunch time in a room provided for breastfeeding mothers. Her day care provider is also a breastfeeding mom and a great source of support to Angie.

FAQ – PUMPING FOR WORK

How do I get ready to go back to work?

If you are planning to be away from your baby for more than 3-4 hours a day, you will need a good quality, double electric breast pump. Medela® makes two great pumps designed especially for employed mothers – the Pump In Style® Advanced and the Freestyle®. Once your baby is breastfeeding well, and you are still on your maternity leave, start pumping once a day between two morning feedings. Store the milk in the freezer. When you start back to work, you will have some milk stored up and your milk supply will be a bit high. This will help as your supply may fluctuate a bit once you are back at work and pumping more often.

Is it possible to maintain a milk supply when I am not breastfeeding my baby?

Milk supply is all about removal. If you take milk out of your breasts frequently, you will make more. Many women find it works best to pump ONLY while at work. When home, they nurse frequently to make sure they stimulate their supply (because baby is better at fully emptying the breast than a pump). The most crucial factor for maintaining a good milk supply is frequent milk removal, especially by baby.



Medela® Pump In Style® Advanced Backpack with 2-Phase Expression® technology.



Comfort Bra



MilkWorks

Lincoln’s largest supplier of quality breast pumps – with expert advice included in the price!

- hospital-grade breast pumps
- portable, double-electric pumps
- hand-held pumps for occasional use
- milk storage accessories
- Medela® Intimate Apparel

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