

Tips for the Day Care Provider of a Breastfeeding Baby



Working mothers need special consideration while providing breast milk for their infants. The WHO recommends babies be exclusively breastfed for six months, continuing for up to two years or beyond with the addition of solid foods. You can best assist the mother to maintain her milk supply for as long as possible by following a few simple tips:

- ✓ Arrange for an introductory day prior to the mother's return to work
- ✓ Do not feed the baby within an hour or two prior the mom's arrival, so the baby will be hungry when mom returns for a feeding at the breast

Handling pumped breast milk

The ideal breast milk for the baby (if not directly from mom) is fresh refrigerated. This milk is safe for 8 days in the refrigerator and for several months in the freezer.

Milk can be warmed to feeding temperature by placing it in a container of lukewarm water or a baby bottle warmer. It should never be heated higher than body temperature (about 37°C). Milk can be thawed in a similar way, by placing the breast milk in a container of lukewarm water. It will thaw in about ten minutes. Never place breast milk in a microwave. Precious nutrients can be lost and milk can be hotter than the bottle feels.

Be aware that breast milk has a cream layer that will rise to the top of the container. That is a good sign that there are adequate calories in the milk. Warming it to feeding temperature and gently swirling the container will allow the cream to mix with the milk. This will assure that the baby gets a complete feeding. Do not vigorously shake breast milk; some of the protective cells can be damaged.

Breast milk is not a "hazardous substance" and does not require the carrying of protective gloves.

Feeding the baby pumped breast milk

It is best to make bottle-feeding breast milk as close as possible to feeding from the breast. That means pacing the feeding so it takes about 20-30 minutes for the newborn, shorter for the older baby. Sometimes babies get used to the "instant on" and the fast flow from a bottle and are reluctant to return to the breast. Hold the bottle nearly horizontal and hold the baby nearly upright to avoid the "instant on" and fast flow from the bottle. Paced bottle-feeding allows the baby to be in control of bottle-feeding like he is in control of breastfeeding.





Discuss the bottle nipple with the mother. Usually a slow flow nipple with a medium to wide base is best for breastfeeding babies less than a month or two old. Older infants can usually handle nipples with a faster flow. Some breastfed babies will do fine with a slow flow nipple for as long as they are bottle-fed. Observe the baby for signs that the flow is too fast or too slow.



Too fast flow

- ✓ Agitation
- ✓ Gasp for air
- ✓ Taking frequent breaks
- ✓ Panicked look in the eyes
- ✓ Milk running out corners of mouth
- ✓ Coughing or sputtering
- ✓ Grimacing
- ✓ Flailing arms
- ✓ Pushing the bottle away

Too slow flow

- ✓ Agitation
- ✓ Shaking head side to side
- ✓ Refusing the bottle
- ✓ Biting on bottle nipple

Appearance of a breastfed infants stools

Stools of a breastfed baby are usually mustardy yellow and semi-liquid. They may contain lumps. Newborns often stool with each feeding. This is not diarrhea. Older infants may go for several days without a stool and that can be a normal pattern. When they do go, it will be a big volume and soft. If the baby is receiving both breast milk and formula, stools may be firmer and brownish. Solid dry stools in a breastfed baby should be reported to the physician.

Feeding solid foods

The breastfeeding mother may want the baby to be fed his solid foods (after six months) at the day care setting. That way she can exclusively breastfeed during her hours off work. This will help her maintain her breast milk supply.

Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this program.

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