

Attachment I – Research Stimuli for Parents – English

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Feeding Breastmilk in a Bottle

If you are not going to breastfeed your baby at the child care site during your breaks, you will need to help your baby get used to a bottle.



Tip:

Introduce a bottle of your breastmilk at least two to three weeks before your baby starts child care.

You should practice bottle feeding before your baby starts child care. Here are some tips that have worked for other mothers:

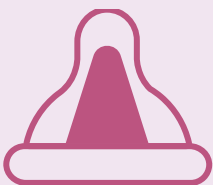
Ask someone else to feed your baby the bottle.

Stay out of sight. If you are the one holding your baby, he or she may search for your breast. If you are nearby, the baby may resist the bottle. Be patient. Remember, your breast is your baby's first choice. With time, he or she will accept the bottle.

Start small. When you first try using a bottle, offer about ½ ounce of breastmilk an hour or two after a regular breastfeeding session. This is when your baby is alert and motivated but not so hungry that he or she is upset. Once he or she has accepted bottle feeding, you can increase the amount offered.

How to Feed Your Baby with a Bottle

Bottle feeding should take about the same amount of time it takes to breastfeed. Hold the baby in the cradle of your arm during the feeding, so that he or she is sitting almost upright. This makes the baby feel secure and you can read his or her cues. It also helps to prevent choking during feeding. If a baby's head is tilted back or lying flat, the liquid could enter the baby's windpipe and cause choking.



Try starting with a slow-flow nipple. For breastfed babies, it is best to choose a flow that is like your milk flow. A slow-flow nipple also requires the baby to use the same amount of effort to get breastmilk from the bottle as from your breast.



Make sure the end of the bottle near the nipple is filled with breastmilk. This will lower the amount of air your baby swallows.



Brush the nipple of the bottle across the baby's upper lip. Wait for his or her mouth to open.



Switch which arm you hold the baby every so often when feeding a bottle



Make sure to look into your baby's eyes to build comfort and trust.



Follow your baby's lead and burp your baby at natural breaks during the feeding or at the end of the feeding. Burp by gently patting or rubbing the baby's back while the baby is resting on your shoulder or sitting on your lap.



Hold the bottle during feeding and do not prop it. Propping means resting the bottle on something (like a burp cloth) instead of holding it, and can:

- cause choking and suffocation.
- possibly cause ear infections and baby bottle tooth decay.
- deprive the baby of cuddling and human contact.

Important

If the bottle is warmed under running water, gently swirl the milk and test a small drop on your wrist before giving it to the baby. It should be warm but not hot.

Paced Bottle Feeding

Paced bottle feeding is a way of bottle feeding that allows your baby to have control over how much milk he or she takes in.

- When you feed your baby with a bottle, try to hold the bottle mostly sideways, not straight up. Then the milk will flow into your baby's mouth at the right speed.
- Follow your baby's lead. This gives your baby a chance to show whether he or she is hungry or full. If your baby opens his or her mouth to accept more, then he or she is still hungry.
- If your baby turns his or her head, then it's time to end the feeding. Trust your baby to know when he or she is hungry and when he or she is full. Do not make your baby finish a bottle.

How Can I Help My Child Care Provider Care for My Breastfed Baby?

Talk to your child care provider about how you want your baby fed.

My Baby's Usual Habits

- ☑ Tell your child care provider the best way to soothe your baby when upset. Let the child care provider know if you want to use a pacifier, toy, or something else to calm your baby.
- ☑ Take time each day to talk with your child care provider about how your baby is doing. Ask about sleeping, eating, and bowel movements. Make sure you read your baby's daily activity chart if they fill one out each day.
- ☑ Tell your child care provider if and when you plan to come to the child care site to breastfeed your baby. This will help them plan bottle feedings so your baby is ready to breastfeed when you arrive.

Bottle Feeding My Breastfed Baby

- ☑ Describe how to know when your baby is hungry or full.
- ☑ If possible, give your provider bottles with the amount of breastmilk your baby drinks at each feeding. That way they can spend more time caring for your baby and less time preparing bottles.
- ☑ Tell your child care provider not to heat your breastmilk in a microwave. This can create hot spots in the breastmilk and can burn your baby. Heating breastmilk can also damage the important nutrients your baby needs to stay healthy.
- ☑ Tell your child care provider if you are using a slow-flow bottle. Let your child care provider know that it's important not to make your baby finish the bottle. Explain that each feeding may take 15-20 minutes or longer.



Talk to your provider.

Dropping Off My Breastfed Baby At Child Care

- ☑ Fresh breastmilk is best. Frozen breastmilk is good to have as back-up. Bring extra fresh or frozen breastmilk in smaller amounts (1-2 fluid ounces) in case your baby wants more milk.
- ☑ Label all breastmilk bottles with your baby's name and the date the milk was pumped.
- ☑ Give your provider enough of your breastmilk to last the full day. How much your baby takes changes as he or she grows.

How Do I Know if My Baby is Hungry or Full?

How Do I Know When My Baby Is Hungry?

Look for these signs:



- Rooting or turning his or her head and opening his or her mouth wide in search of your breast

- Bobbing his or her head or mouth against your upper body



- Bending his or her arms and legs

- Smacking his or her lips



- Sucking on his or her hands and other objects

- Making cooing-like sounds such as “ah, ah, ah” sounds



- Fussing or seeming like he or she is about to cry

- Crying is a late sign of hunger



Tip:

Don't wait until your baby is crying before feeding him or her. It may be harder to get the baby to breastfeed once he or she is upset. It may be helpful to have your baby sleep in a crib or bassinet next to your bed. That will allow you to breastfeed when he or she shows the first signs of being hungry.

How Do I Know When My Baby Is Full?

Look for these signs:



- Stretches arms and legs



- Turns head away from your breast



- Falls asleep

- Slows or decreases sucking

- Extends or relaxes fingers

- Pushes or arches their back away from you

- Presses lips together

You will normally see more than one of these signs together. When you see more than one sign, it may be time to stop the feeding.

When you get home

- Wait a few weeks after birth before giving your baby a pacifier unless your doctor has told you to use one for a medical reason. It is important for you and your baby to feel comfortable with breastfeeding before giving him or her a pacifier.
- Have your baby nurse at your breast often. This is how your body knows how much milk to make for your baby.



There may be days when you feel like your baby wants to feed all the time or can't get enough breastmilk. The reason may be that he or she is having a growth spurt. Keep breastfeeding when your baby wants to eat. Most women's bodies will know to make more breastmilk.

How do I get my body to continue making breastmilk when my baby is in child care?

Learn how to express your breastmilk by hand or by using a breast pump. That way you can pump your breastmilk when you're not with your baby. Breastfeeding and pumping will allow you to continue to make all the milk your baby needs. You can pump and freeze small amounts to build up a supply of breastmilk you can use later. Having this supply will also make going back to work or school easier.

Pumping Breastmilk



Tip

Give your baby as much breastmilk as you can. Try to breastfeed before and after child care and on your days off. Pump when possible. This will help to keep your breastmilk supply up.

When you are away from your baby, it's important to pump breastmilk at the same time your baby usually feeds. This helps maintain your breastmilk supply. If you can't go to the child care site to breastfeed your baby, you can pump your breastmilk. You can express by hand, use a manual pump, or use an electric breast pump. Electric pumps can have a single collection kit or a double collection kit. A double collection kit lets you pump both breasts at the same time. This lets you pump breastmilk in half the time!

Some mothers have more breastmilk in the morning and find that it is easiest to express breastmilk then. One way that works well for some mothers is:



opposite breast



same breast



Breastfeed your baby from one breast after waking up in the morning.

Put your baby down. Pump breastmilk from the other breast. Store the breastmilk in the refrigerator or freezer.

Let your baby breastfeed on the side that was just pumped. Allow your baby to nurse as long as he or she wants.

Pumping your breastmilk helps:

- provide your breastmilk to your baby while in child care.
- keep up your breastmilk supply so you can keep breastfeeding.
- relieve pressure in your breasts so that you can feel more comfortable.
- prevent infections in your breasts.
- reduce breastmilk leaking from your breasts.

If you are not breastfeeding or pumping and feed your baby infant formula instead, your supply of breastmilk will decrease and you may not be able to breastfeed for as long as you and your baby wish.

Contact your WIC clinic, breastfeeding specialist, doctor, or health care provider if you're worried that you're not making enough breastmilk.



How often should I pump my breastmilk?

Keep track of how often your baby eats during the day for a few days before going back to work or school. This will give you a good idea about when you will need to plan to pump your breastmilk while you are away from your baby.



How many times you pump breastmilk will depend on how long you are away from your baby. Pump your breastmilk as often as you would breastfeed your baby to maintain a good milk supply. In the first few months, this may be 8 to 12 times or more in a 24-hour period. So, it may be 2 to 3 times or more in an 8-hour work day.

Jose's Story

Baby Jose is 3 months old and is breastfeeding. At home, his mom breastfeeds him whenever he is hungry. The week before mom returns to work, she writes down when Jose breastfeeds and finds he eats about every three hours. When she returns to work, mom feeds Jose at the child care center when she drops him off at 8:00 am.

In order to stay on the same schedule, she pumps at work at 11:00 am, and 2:30 pm which are the times when she would feed Jose at home. This may change as Jose gets older and his needs and eating habits change. On some days Jose eats less often at child care or doesn't finish his entire bottle – that's okay! Sometimes baby Jose just misses his mommy and breastfeeding directly so he decides to wait until he can see her again to have a full meal.

Daily Breastfeeding & Bottle Feeding Schedule

How many times did my baby eat?			
	Morning	Afternoon	Evening
Sample Day	8:00 am	1:30 pm	5:30 pm
	11:00 am	2:30 pm	8:00 pm
		4:00 pm	10:30 pm
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			



Breastfed Babies Welcome Here!





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