

BREASTFEEDING

Q. Why should I breastfeed?

A. Breast milk provides perfectly balanced nutrition for your baby and is ideally suited for a baby's immature digestive system. Your breast milk also provides your baby with important immune resistance to allergens and illnesses. Breastfeeding benefits you also by causing the uterus to contract to the pre-pregnancy size more quickly and by producing the hormone prolactin, which stimulates relaxation.

Q. What if my nipples become sore or cracked?

A. Correct your baby's latch on for proper sucking, keep your nipples dry, wear a good fitting nursing bra and nurse more frequently (which is the opposite of what you want to do), and alternate nursing positions. Also, massage your breasts, and avoid using soap on your nipples. Products to soothe and help heal sore, chapped or cracked nipples are available.

Q. How do I know if my nursing bra is right?

A. A properly fit nursing bra helps support your breasts. A bra cup that is too tight, or that has no give, can constrict the milk ducts causing mastitis and discomfort. Our certified fitters can assist you in finding the right fit for you.

Q. How do I know if my flange on my breast pump is fitting correctly or if I need a bigger size.

A. Your WHBaby Breast Pump comes with two flange sizes. Using the silicone flange cover it is 24 mm. Without the silicone flange cover it is 27 mm. We also have a 30 mm large pumping kit if needed. Here is a link for how to measure for proper flange fitting.

<http://www.bellemausa.com/breastfeeding/tipsolution/list>

Q. How often should I pump?

A. Your pediatrician or lactation consultant is your best resource for this question, especially if your baby is in NICU or you cannot breastfeed. However, most experts agree that 15-20 minutes per breast after each feeding is sufficient to build and maintain your milk supply.

Q. Can I start pumping now to ensure I have milk when the baby arrives?

A. Pumping before the baby arrives is not recommended, as it could put you into premature labor. Rest assured, when the baby arrives your breasts will naturally provide colostrum which is exactly what the baby needs at that time. The more often you put the baby to your breast, the quicker your milk will "come in". With our WHBaby Breast Pump the stimulation mode will also aid in the production of milk.

Q. How long can I store my breast milk?

A. If you plan to use your milk within eight days, you can store it in the refrigerator in bottles or bags. You can also freeze your breast milk in freezer bags for up to a whole year, just be sure that you date all milk stored. Also, do not store your breast milk in the door compartment of the refrigerator or freezer. Freshly pumped milk can be stored in a cooler with ice packs for up to 24 hours.

Q. What kind of storage bags do you recommend?

A. Many different brands are available. If you are using our WHBaby breast pump, Lansinoh and Medela bags work well. However, the Medela bags require the use of an adapter.

Q. Should I get a nursing bra before the baby is born?

A. It is best if you wait until your milk comes in because your size may change considerably. If you need to purchase one before the baby is born, then wait until as close as you can to your due date. If you are using a breast pump, we suggest the hands-free pumping bra, because it is very forgiving, adjustable, and allows for hands-free pumping.