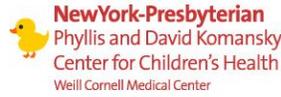


# Tips for Parents by Parents



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## Navigating Breastfeeding While Your Child is in the Hospital

### **What should I do if I want to breastfeed my baby but he/she is in the hospital?**

Ask your doctor or nurse if and when you may be able to nurse your child. Sometimes children in isolettes may be removed for nursing. Ask about nursing your baby at each feeding. Discuss with your baby's medical team skin to skin holding and possibly nursing on a recently pumped breast when your baby is medically stable. This can be beneficial to your milk supply and for the baby who is not yet ready to eat by mouth.

### **When should I begin using the breast pump?**

It is best to pump within 6 hours of delivery, if possible. Ask your doctor or nurse how soon you can pump. It is best to double pump 8-12 times/24 hours allowing 15 minutes per breast. It is normal to see only drops in the breast shield while pumping. You will begin to collect more milk by day 5 after the baby is born.

### **Where is the Breast Pumping Room? What is the procedure for storing milk at the hospital?**

There is a Breast Pumping Room on 6 West across the hall from the NICU front desk, Room 6-356. Breast Milk Storage Bags are available in breast pump room. Label milk bag with your baby's name, date and time and give them to your baby's nurse. You can also obtain labels at the front desk of the Unit. The nurse will store bags in the freezer on the Unit your child is located. The nurse will inform you if you have exceeded the limit for stored milk; if so, you can store the remaining milk at home, if necessary.

### **How do I maintain breast pump equipment?**

The kits in the breast pumping room are disposable. Please discard after one use. At home, it is best to sterilize the kit in boiling water. Clean the tubes, shields, white membranes, yellow valves and bottles after each use.

### **How can I rent a Breast Pump for home/hospital usage?**

Contact Preparation for Parenthood at 212-746-3215 or 212-746-3295 to inquire about breast pump rental or purchase for your home, if you have not already done so. They are located in the lobby of 420 East 76th Street between York Avenue and 1st Avenue. Pump rental cost ranges from \$60-\$70/month. There is an initial fee of \$50 for a breast milk collection kit. If your child is located on another unit in the hospital other than the NICU, please speak to your child's

nurse , who can arrange for a breast pump to be brought to you to use in your child's room during their admission.

### **Who can help me if I am having difficulty nursing or experiencing discomfort?**

Lactation consultants/specialists are available to aid in the breastfeeding process. These specialists can help if you are having discomfort while nursing, the baby is having difficulty latching on or staying on the breast, or you are experiencing any other issue related to your milk supply. They are available Sunday – Friday from 9am-5pm. You can call Preparation for Parenthood or have the nurse beep the covering lactation consultant to arrange an appointment at the Unit. Your bedside nurse may also help you with breastfeeding questions.

### **Can I eat a snack or meal in my child's room?**

There is no eating or drinking on the Unit. Sometimes it is hard to leave your child's bedside, so when you do please let the nurse know you are stepping away and where you are going, in case you are needed. If you would like to pack a snack, meal, or drink and bring it with you, feel free to take a break and eat in our family lounge, located right outside the NICU. Here you will find a quiet place to eat and take a break for yourself for a few moments.

ABOUT THE FAC: The Komansky Center Family Advisory Council (FAC) is a group of dedicated parents and family members of pediatric patients who are committed to working with the Hospital staff and pediatric administration to provide family-centered care to all of the pediatric patients. If you would like to find out more about the Family Advisory Council, please call us at (212)746-6007.