

How Do I Help my Milk Flow While Pumping?

- Massage your breast before/during pump use
- Take a warm shower or apply a warm compress to the breast before pumping
- Hand express after using the breast pump to empty the breast fully
 - The milk at the end of pumping is called hindmilk, which contains more fats to help the baby grow
- Pump at your baby's bedside, if possible
- Find ways to relax and distract yourself while pumping

You are welcome to pump at your baby's bedside or in our dedicated NICU pump room — wherever you are most comfortable. Remember to be consistent when pumping, especially within the first two weeks.

Making milk for your baby burns many calories — ask your baby's nurse about your complimentary breastfeeding meal that can be delivered to the NICU.

Breast Milk Storage for Hospitalized Infants

Storage Method	Milk State	Recommended Storage Time
Room Temperature (20°C-25°C, 68°F-77°F)	Freshly pumped on countertop	≤4 Hours
Refrigerator (≤4°C, ≤39°F)	Fresh	48 Hours
Refrigerator (≤4°C, ≤39°F)	Thawed (never refreeze breast milk once it has been thawed)	24 Hours
Freezer Home unit combined with refrigerator (<-18°C, <0°F)	Frozen	3-6 Months
Freezer Biomedical or chest freezer (≤-20°C, ≤-4°F)	Frozen	6-12 Months

Breast Pump Rentals



If you are interested in renting or purchasing a breast pump, our NICU lactation team can help to connect you with local pharmacies. Most major insurances cover the cost of a new breast pump.

Memorial Outpatient Pharmacy
1150 N 35th Avenue, Suite 105 (lobby)
Hollywood, FL 33021 | 954-265-5907

Ameda.com | Medela.com

Note: Joe DiMaggio Children's Hospital does not endorse any particular product or retailer. This is not intended to serve as a recommendation from Joe DiMaggio Children's Hospital, nor is it an inclusive list.



Joe DiMaggio Children's Hospital

1005 Joe DiMaggio Drive
Hollywood, FL 33021

JDCH.com

Lactation Phone: 954-265-7867

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Lactation Support When you need it most



Joe DiMaggio Children's Hospital

At Wasie NICU at Joe DiMaggio Children's Hospital, our lactation team knows that breastfeeding while your baby is in the NICU can be overwhelming. We're here to offer guidance and support to help you and your baby have the best possible start.

Following your baby's birth, our NICU lactation-trained nurses and team of Internationally Board-Certified Lactation Consultants (IBCLC) will help you pump or hand express milk from your breast. Even a few drops of colostrum (breastmilk produced during the first few days after birth) contains essential early nutrition for your little one.

How Do I Use the Breast Pump?

- Always wash your hands before you begin.
- **Timing:** Pump 8 to 10 times in 24 hours. We recommend:
 - Every 2-3 hours including at night
 - Pumping consistently — even at night — is important to maintain a good milk supply
 - Pump for 15 to 20 minutes or until the milk stops flowing
- **Suction:** start at 25% and increase until you reach your highest comfortable level. Remember that pumping should not hurt and every mom will have a different level of comfort.
- **Speed:** start at the fastest setting (80 cpm) and adjust to the milk flow.
 - When the milk flow starts (or "lets down") or after two minutes, slow the speed down to 60 cycles per minute (cpm).



Benefits of Breastmilk

Breastmilk contains the best nutrients for your baby, such as:

- Vitamins
- Minerals
- Proteins
- Antibodies
- Essential fatty acids
- Many other critical developmental building blocks

Your breastmilk is continuously changing to meet your baby's needs. Breastmilk can also reduce some prematurity risks like bronchopulmonary dysplasia (chronic lung disease) and necrotizing enterocolitis (gastrointestinal disease).

Non-nutritive breastfeeding

Your baby is ready to breastfeed when:

- Baby does well with skin-to-skin care
- Their heart rate and breathing are strong and regular
- Your baby does not need assistance with breathing

Before non-nutritive breastfeeding, it's important to remember to pump your breasts. Non-nutritive sucking is great to do during tube feedings.

Nutritive breastfeeding

Your baby is ready to breastfeed when:

- Baby is active, alert and can coordinate their sucking skills
- Baby is not having trouble breathing and does not require additional respiratory support

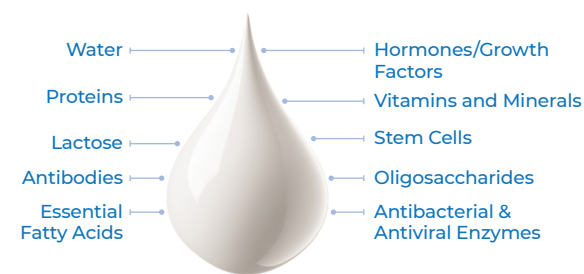
After nutritive breastfeeding, it is important to pump to increase your milk supply. Your baby's nurse will weigh the baby before and after each feeding to measure how much milk the baby consumed.

A Drop of the Good Stuff

Breastfeeding starts with drops of colostrum — and every drop counts!

Your breastmilk is constantly changing to meet the needs of your baby. When you provide breastmilk to your baby, you give them the best medicine that only you can offer.

Here are just a few of the components that may be present in one drop of your breastmilk:



Research shows that breastmilk provides important protection for your baby. It can also reduce the length of their hospital stay and the risk of common complications.



Skin-to-Skin Care

We know you are anticipating holding your baby close. As soon as your baby is ready, we will help you get situated for skin-to-skin care — also known as kangaroo care.

Skin-to-skin is an essential part of your baby's growth and development. This special time can help your baby:

- Calm down
- Improve breathing
- Increase weight gain
- Regulate temperature
- Slow down the heart rate

Skin-to-skin care is a magical way to bond with your baby — and it can also boost your breastmilk supply. Our lactation team suggests new moms pump right after your skin-to-skin session to maximize prolactin (milk-making hormone).

Breastfeeding Support at Home

When your baby is discharged from the NICU, your breastfeeding routine might hit a few speed bumps as you adjust to life at home with your baby. Don't worry — that's completely normal!

Our NICU lactation team is here to help support the transition to home. Call us with any questions, concerns or to schedule a TeleHealth consultation. Spanish lactation consultants are available through interpreter services.

Wasie NICU at Joe DiMaggio Children's Hospital Lactation Department	954-265-7867
Memorial Regional Hospital (MRH) Lactation Department	954-265-4078
Memorial Hospital West (MHW) Lactation Department	954-844-9908
Memorial Hospital Miramar (MHM) Lactation Department	954-538-5181

NICU Breastfeeding Resources

Broward and Dade counties provide helpful breastfeeding support services to the community, including:

Breastfeedingonline.com	
Broward County WIC Breastfeeding	953-467-4511
Dade County WIC Breastfeeding	786-336-1336
Español	Lacted.com
Healthy Start of Broward County (first-time moms)	954-563-7583
Kelly Mom Parenting and Breastfeeding	kellymom.com
La Leche League of Florida	llflorida.com
Newborns.Stanford.edu/breastfeeding	
Yomongo app	PumpLog
Workandpump.com	