

## Tips for the Day Care Provider of a Breastfeeding Baby

Working mothers need special consideration while providing breastmilk for their infants. The American Academy of Pediatrics recommends babies be exclusively breastfed for six months, continuing for at least a year 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***

Assist the mother to arrange a short day in the day care setting so the baby is introduced to his new care givers. The mother can have a trial use her breast pump and save her milk.

### ***Provide a quiet private place to breastfeed***

Mothers often would like to breastfeed their babies just before leaving them with you, and then feed them immediately when they pick them up. It is a special way a breastfeeding mother can reconnect after a day at work.

Do not feed the baby within an hour or two prior the mom's arrival, so the baby will be hungry and she can enjoy this special time with the baby before beginning her trip home.

### ***Handling pumped breastmilk***

The ideal breastmilk 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 98°F).

Milk can be thawed in a similar way, by placing the breastmilk in a container of lukewarm water. It will thaw in about 10 minutes. Never place breastmilk in a microwave. Precious nutrients can be lost and milk can be hotter than the bottle feels.



Be aware that breastmilk 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 will assure that the baby gets a complete feeding. Do not vigorously shake breastmilk; some of the protective cells can be damaged.

OSHA has determined that breastmilk is not a "hazardous substance" and does not require the wearing of protective gloves. However, some institutional policies do require the use of gloves when handling and wiping up spills of breastmilk.

### ***Feeding the baby pumped breastmilk***

It is ideal to make bottle feeding breastmilk 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" from a bottle and the fast flow and are reluctant to

return to the breast. *Paced bottle feeding* allows the baby to be in control of bottle feeding like he is in control of breastfeedings. Hold the bottle nearly horizontal and hold the baby nearly upright to avoid the “instant on” and fast flow from the bottle.



Incorrect



Correct

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



Wide base



Medium base



Narrow base

### ***Too fast flow***

- Agitation
- Gasping 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 breastmilk 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 breastfeeding during her hours off work. This will help her maintain her breastmilk 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 or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information.

