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| Contact: Leah Meidl RN BSN CLS  Public Health Nurse and Lactation Specialist  Wood County Health Department  (715) 421-8911  **The New Trend of Exclusive Breast Pumping** |
| The breastfeeding world has been seeing a new trend, mothers who exclusively breast pump and provide the expressed milk to their babies via bottle.  The Wood County Breastfeeding Coalition has been seeing an increase in this trend as well.  Here are a few common questions and answers about breast pumping and bottle feeding the expressed breast milk.    **Are moms who exclusively breast pump and bottle feed missing out?**  There are definitely benefits to breastfeeding exclusively at the breast.  If the mother and infant are not together breastfeeding, the baby is not receiving wonderful immunities to anything they are both being exposed to.  Instead the baby is being exposed to germs from staff, bottles, etc.  Moms miss out on bonding with baby during breastfeeding sessions.  The breast milk may lose some of its wonderful benefits in the storage process, especially the immune system components.  And finally, moms have to spend a lot more time feeding the baby.  They have to pump, feed the baby and then clean the bottle and the pump parts instead of just, feeding the baby.    **What if they have problems making enough milk?**  This is a common problem that is seen with exclusive breast pumping.  The reason, a breast pump is not like a baby!  Breasts were designed for a baby to feed from, a pump attempts to mimic this, but no matter how much the pump costs, it is not the same as a feeding session with the baby.  This results in milk being left in the breast and the possibility of insufficient milk production.    **How can they increase the amount that they can pump?**  The answer to this question is simple; encourage manual expression of breast milk!  There are a number of ways to do this, and it can easily be done in addition to mechanical pumping.  Hand expression, combined with mechanical pumping can drastically increase the amount of milk expressed.  It is helpful for any moms who are pumping to hand express before or after the pumping session.  Or, they will even see benefits from simply massaging the breasts while mechanically pumping.    **Breast milk is Best!**  Even if moms choose to pump and bottle feed expressed breast milk, they are still providing their baby with breast milk.  Breastfeeding is normal and is the best nutritional option for baby. The next best option is feeding expressed breast milk from a bottle. The Wood County Breastfeeding Coalition is available to help anyone in Wood County breastfeed successfully! For more information, contact 715-421-8911. The coalition has active members from the Wood County Health Department, Ministry Saint Joseph’s Hospital and Riverview Hospital. |