

# Skilled Lactation Solutions

Babies and Bumps: Back to Work Seminar Handouts



[www.skilledlactationsolutions.com](http://www.skilledlactationsolutions.com)

# Skilled Lactation Solutions

## Bonding Tips

### Bonding without feeding

Work on  
milestones and  
tummy time



Find a special  
book to read  
every day



Bath + massage  
They LOVE it



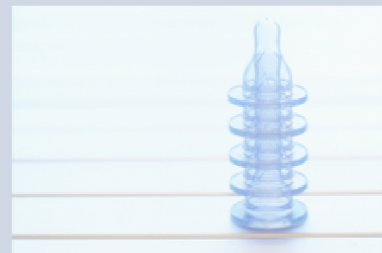
# Skilled Lactation Solutions

## How-To: Paced Bottle Feeding

### Paced Bottle Feeding

#### Choose the nipple

Sloped nipple  
Slow flow/size 0  
(Evenflo Balance+, Pigeon SS,  
Lansinoh, Dr.Browns)



#### Let baby lead

Body aligned either sidelying or upright, tap baby's chin, allow baby to open their mouth and latch, keep milk horizontal



#### Take breaks

Tip the bottle down to give baby breaks, stop to burp, assess cues and give time to feel full



#### Hungry

Lunges for bottle  
Eats fists immediately  
Smacks lips

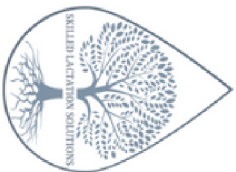
#### Getting Full

Pauses before seeking bottle  
Longer breaks before latching  
Delayed hunger cues

#### Full

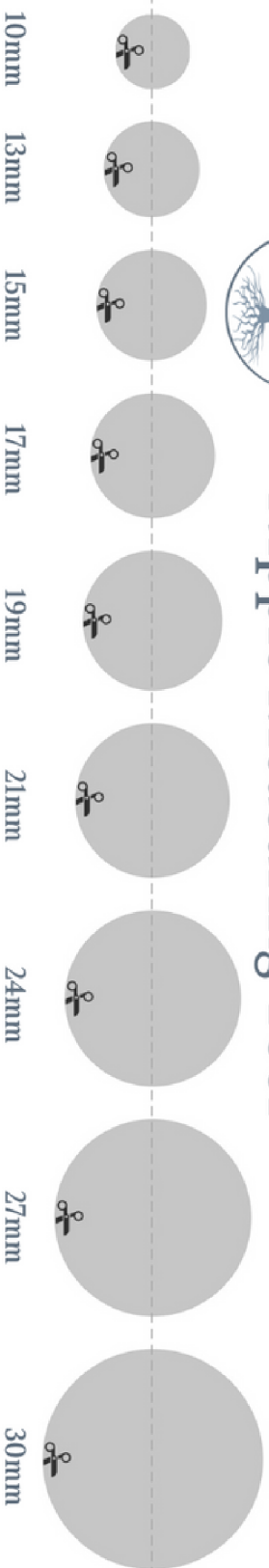
Relaxed arms  
Open hands  
Doesn't seek bottle





# Skilled Lactation Solutions Nipple Measuring Tool

fold here



cut here

1. Fold the ruler along the fold line to easily cut the circles
1. Carefully cut, then unfold the ruler.
3. Open the page back up and then place each hole around your nipple.
4. Select the hole that fits your nipple most snugly, without any areola present

**IMPORTANT!** To ensure accurate measurements, make sure to print on **LETTER SIZE** paper and print to scale: **Full Size (100%)**



To check printing accuracy, place a US quarter right here to match the size.



Still not sure which size is best? Are your nipples flat or inverted? Do you need to increase your milk supply? Scan this QR code to book a fitting with our IBCLCs!

## Skilled Lactation Solutions

[info@skilledlactationsolutions.com](mailto:info@skilledlactationsolutions.com)

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# Skilled Lactation Solutions

When-To: Pump Parts Replacements

## Pump Parts Replacement Timeline

### 6 Weeks

Duckbills  
Valves/Membranes



### 3 Months

Backflow Protector  
Tubing (earlier)



### 6 Months

Flanges  
Tubing (later)



# Skilled Lactation Solutions

## How-To: Pump Tips

### Pump smarter, not longer

#### Get set up

Try to find a quiet place where you're not multitasking and won't be interrupted. Plan for 15-20 minutes of expression



#### Set the mood

Look at videos of your baby nursing, listen to a podcast, cover the bottles with baby socks. Focus on your baby, not the milk



#### Maximize output

Start in letdown/massage, switch to expression as soon as milk flows, back to letdown/massage when the milk slows down



#### Tip #1

Massage/heat helps milk flow

#### Tip #2

Hand expression after pumping increases supply

#### Tip #3

Start your day on "empty" to get in an extra session when you have more milk



# Back to Work CHECKLIST



I've introduced expressed milk and it's going well

I've had my pump fitted and have the correct flange sizes



I have a caregiver who understands how to handle and prepare my milk, and who demonstrates paced bottle feeding and healthy bottle volumes



I have enough milk stored to cover my first day back



My employer is aware of my need to express milk and has provided an appropriate space, and we have worked out a pumping plan



I have containers and a place to store my milk safely



**Are you ready?  
If not, that's okay!**

To set up a personalized Back To Work evaluation:  
call 248-688-0334  
or email [info@skilledlactationsolutions.com](mailto:info@skilledlactationsolutions.com)



# Skilled Lactation Solutions

## Milk Volume

### How Much Milk?



From 1-12mos, your baby should get 1-1.25oz/hr in a bottle.

3oz bottle sizes are average, but they may take anywhere from 2-5oz bottles.

From 1-12mos, full milk supply is an average of 1oz/hr, both sides combined

This is based off your baby's intake of 20-30oz/day





# Infant Stomach Sizes



## Day 1

5-7 ml  
.1-.2 oz

## Day 3

22-27 ml  
.8-1 oz

## Day 10

45-60ml  
1.5 - 2 oz

## Day 30

80-150 ml  
2.5 - 5 oz



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## Milk Storage

### *How long is milk good for?*

<b>Previously Frozen</b>	<b>24 hours</b>
<b>Warmed up milk</b>	<b>2 hours</b>
<b>Unfinished bottle</b>	<b>2 hours</b>

\*Good for consumption, beyond these times  
you can use it for other purposes



# Skilled Lactation Solutions

## Milk Storage

### *Milk Storage Guidelines*

(Max Storage Time)

<b>Room Temp</b>	<b>6 hours</b>
<b>Refrigerator</b>	<b>Up to 8 days</b>
<b>Frozen</b>	<b>6 - 12 Months</b>



ABM Protocol #8, last revised in 2017

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