

breastfeeding guide

Tips &
Products

NEW
8th Edition



Volume 4, 2010

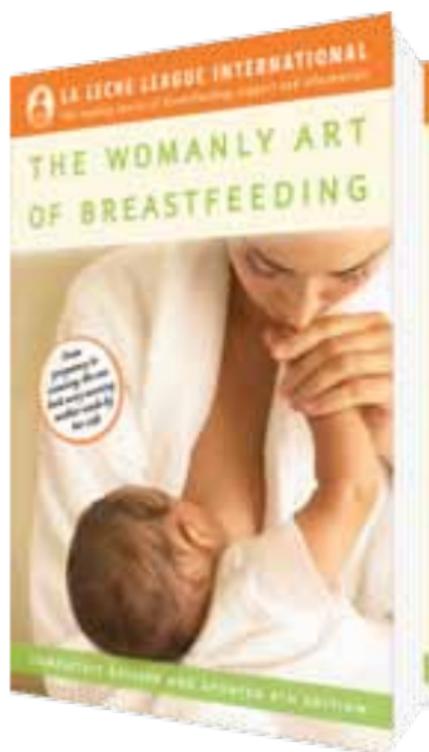
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Breastfeeding Tips



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Look for this Tear-Sheet toolkit icon for more breastfeeding tips!

Tear-Sheet Toolkit available:

- Online at Illi.org/toolkit
- *The Womanly Art of Breastfeeding*, NEW 8th Edition, Chapter 20





I'm pregnant. Now what?

 What Mothers Need to Know Before They're Mothers. Go to lli.org/toolkit

Congratulations! In addition to your partner, family, and friends, you can find support and information through La Leche League International.

A La Leche League (LLL) Leader is an accredited volunteer who is there to help in person, over the phone, or online. It's a good idea to talk with an LLL Leader or lactation consultant, or attend LLL meetings, while

you're pregnant to learn about breastfeeding. This is very important if you are concerned about your nipples or breasts in any way.

- Doctors agree that breastfeeding is best.
- A diet of your milk alone for about the first six months of life helps protect your baby against many diseases.
- Breastfeeding is a source of comfort and security for babies. Most breastfed babies cry less because they are held more.
- When breastfeeding there are appreciable savings of time, effort, and money when compared to formula feeding.
- Breastfeeding uses up extra calories, so you will likely experience gradual weight loss without dieting.
- A mother who exclusively breastfeeds may find that the return her menstrual periods is delayed for six months or more.
- Studies have shown that mothers who breastfeed for even a few months are less likely to develop certain cancers and urinary tract infections.

Healthy, full-term babies breastfeed as often as every hour or as infrequently as every three hours and thrive. This means you'll be feeding your baby eight to 12 times every 24 hours. Keep in mind that some babies "cluster nurse," which means they nurse often for a few hours and then sleep for several hours. The number of feedings in a 24-hour period is more important than the spacing of feedings. The best advice is to watch your baby for signs of hunger, not the clock. Signs of hunger include:

- Rooting reflex (when baby opens his mouth and moves his head from side to side).
- Chewing or sucking on hands or fingers.
- Don't wait for baby to cry to let you know he is hungry. Crying is a very late hunger cue.

A sleepy baby may need to be wakened every two to three hours to feed, particularly if he has jaundice. Talk with your health care provider if baby is lethargic and difficult to wake for feedings.

How often will my baby nurse?

Your newborn needs frequent feedings:

- For adequate nourishment and hydration. Your milk was designed for baby, and his body will digest it quickly and easily. Small amounts of colostrum, the first milk being made in the breasts at birth, are perfect for baby's tiny stomach.
- To ensure that your breasts are stimulated enough to establish a full milk supply. The more milk that is removed from your breasts, the more milk your body will produce.
- Because the security of your arms helps your baby as he transitions to life outside the womb.



How do I latch my baby on?



 [Waking a sleepy newborn.](#)
Go to Illi.org/toolkit

Breastfeeding is not supposed to hurt. If you feel more than some tenderness or slight soreness as baby latches on during the first week or so, ask for help with your baby's

latch-on. If your baby is poorly latched on, remove him from the breast by inserting the tip of your finger over your nipple to break the suction, and re-latch.

In the early days, you and your baby are learning a new skill. With practice it will soon become second nature. Try these tips in the learning period:

- Make yourself comfortable. Support your back and arms with pillows as needed.
- Hold baby close with his whole body facing you so he does not have to turn his head. (His mouth and nose should be facing your nipple.)
- Trigger baby's natural response to open his mouth wide by touching his lips lightly with your breast. Light, repeated tapping or brushing triggers a wide-open mouth (a firmer touch does not).
- When baby opens wide, his head should be slightly tilted back with his nose at the level of your nipple. As he approaches the breast with his head slightly tilted back, this brings him to the breast chin first. This will help you better aim his lower jaw so that he covers more of your breast with his lower jaw than with his upper mouth.

■ As you bring baby onto the breast, aim your nipple toward the roof of his mouth.

■ If you're using the cradle hold, put your hand or forearm on baby's upper back and gently bring him farther onto the breast as he latches on. This helps move your nipple into the "comfort zone" of baby's mouth. This ensures that the breast goes deeply into baby's mouth.

■ If you feel comfortable and baby is nursing actively, the latch-on is good.

If your nipples are sore:

■ If breastfeeding still hurts after correcting baby's latch, contact an LLL Leader for more tips.

■ Gently rub a few drops of your milk on your nipples after nursing and let them air dry.

■ Use breast shells to protect nipples from the pressure of your bra or clothing.

■ After feedings, use a small amount of nipple cream to promote healing.

■ Use hydrogel pads between nursings to relieve soreness and promote healing.

While overcoming latch-on problems:

■ Contact an LLL Leader for help to make sure that your baby is getting enough milk.

■ Try nursing when baby is asleep or very sleepy.

■ Change positions.

Some babies refuse to nurse in one position, but take the breast in another.

■ Nurse when in motion.

■ Nurse in a quiet room with no distractions.

My newborn won't latch on. What should I do?

■ Give baby extra attention and skin-to-skin contact, which can be comforting for both of you.

■ When offering the breast at home, undress to the waist and clothe baby in just a diaper if possible. Use a blanket around both of you if the room is chilly.

■ Provide opportunities to nurse through skin-to-skin contact, wearing baby in a carrier, taking warm baths together, and safely cosleeping.

When choosing a breastfeeding position, always use one that is comfortable.

Try different ones to see which work best for you and baby.

In the early days, it may help to use pillows behind your back and shoulders, under the elbow of the arm holding the baby, and in your lap to support the baby's weight. In order for your baby to feed comfortably and effectively, hold him with his whole body facing you, his legs tucked in close, so that he does not have to turn his head.

How do I position my baby while breastfeeding?

his whole body facing yours. His knees and feet will be pulled in close to your body.

3. Hold him securely with his head positioned on your forearm, his nose at the level of your nipple, and his head tilted slightly back so he can latch on chin first.

4. Support your breast with your other hand well back from the nipple and baby's mouth, keeping your fingers positioned either above and below or on either side of the breast.



Cradle Position

1. Cradle baby in the arm on the same side as the breast he will be nursing from. If you're breastfeeding on the right breast, baby's head will rest on your right forearm with his feet at your left side.

2. Hold baby on his side with



Clutch or Side Position

1. Tuck baby's body along your side under your arm.

2. Support the breast with the other hand. If you're nursing on the right breast, your left hand will be supporting the breast with the thumb above and well back from the nipple and the fingers below.

3. Support baby's head with your palm on baby's upper back (not head), thumb behind one ear and index and other fingers behind the other ear.

4. Rest baby's upper back along your forearm with his body on a pillow near your elbow and his hips against the back of the chair, sofa, or against the wall. His legs and feet go up against whatever surface is behind you.

5. Baby's body should be supported so that he is high enough and his body is positioned far enough back so that your breast is directly in front of his mouth. He shouldn't have to bend his neck forward to latch on—his head, neck, and hips should be in a straight line.



Side-Lying Position

1. You and baby lie on your side facing each other. Use pillows under your head, behind your back, and behind or between your knees to help get comfortable. Have a rolled up towel or baby blanket within reach.

2. Baby's feet should be close to your body, and his head slightly away from your breast with his nose in line with your nipple. (Your bodies should make a "V.")

3. Lean back into the pillow behind you until your lower nipple is clear of the surface you're lying on and at the height of baby's mouth.

4. Guide baby onto the breast using the hand of your upper arm on the baby's upper back. Avoid pushing on the back of his head.

5. Once baby is latched on, wedge the rolled up towel or blanket behind his back to keep him in place.



Cross-Cradle or "Transition" Hold

1. Bring baby to nipple level. Use pillows on your lap and under your arms and elbows as needed so you're not holding all of baby's weight.

 Laid-back breastfeeding and other ideas. Go to lila.org/ toolkit

2. Hold baby with the arm opposite the breast at which he will feed. If you are preparing to breastfeed on the left breast, your left hand supports that breast with the thumb on one side and well back from the nipple and the fingers on the other side.

3. Support baby with the fingers of your right hand. Do this by gently placing your hand behind baby's ears and neck with your thumb and index finger behind each ear. Your baby's neck rests in the web between the thumb, index finger, and palm of your hand. The palm of your hand is placed between his shoulder blades.

4. As you prepare to latch baby on, be sure his mouth is very close to your nipple. When he opens his mouth wide, bring him to the breast with the palm of your hand from between the shoulder blades.

Note: The cross-cradle or "transition" hold works best when used with tiny newborns and premies. Some mothers find it helpful to use as a technique to latch baby onto the breast rather than a nursing position. Once baby is latched on and taking deep, strong

sucks, a mother can use her forearm to pull baby's body (not his head) in close to her own and quickly switch arms into the cradle position so she can sit more comfortably while nursing.



My breasts feel uncomfortable. What's going on?

At the time of birth, your body is making colostrum, which provides baby with immunities and helps prevent jaundice. Between the second and sixth day, your milk "comes in." As your milk becomes plentiful, your breasts may seem very full. The extreme fullness should subside in 12 to 48 hours. To minimize the effects of engorgement:

■ Nurse early and often (at least eight times a day).

- Watch for signs that baby is hungry and nurse on cue.
- If baby sleeps more than two to three hours in the day or four hours at night, wake him to nurse.
- Let baby finish one breast before switching sides.
- Apply a warm, moist compress and express some milk before feedings to make latching on easier.
- Use cold compresses between nursings, or put washed, chilled cabbage leaves directly over your breasts inside your bra. Change every two hours.
- Use Reverse Pressure Softening to create a softer areola. (More information on Reverse Pressure Softening can be found at l.li.org.)

Contact your health care provider if:

- You still feel discomfort after trying the above tips.
- You have a fever of 100.6°F or more, red/painful/ swollen breast(s), and “flu-like” symptoms.
- Baby is unable to latch on to the breast.
- After day three or four, baby is not having five to six wet disposable diapers (six to eight wet cloth diapers)

Is my breastfed baby getting enough milk?

 [Diaper log. Go to \[l.li.org\]\(http://l.li.org\)/ toolkit](http://Diaperlog.GoToLli.org/toolkit)

A newborn should nurse at least eight to 12 times in a 24-hour period. Allow baby to determine the length of feedings (10 to 20 minutes per breast or longer). You can tell baby is getting enough by keeping track of wet and dirty diapers, weight gain, and overall appearance.

- Right after birth your baby is receiving colostrum at the breast. He will wet one to two diapers a day.
- Once your milk “comes in” between the second and sixth day, baby should have five to six wet disposable diapers (six to eight wet cloth diapers) daily.
- Most young babies will have at least two to five bowel movements every 24 hours for the first several months. Some babies switch to less frequent but large bowel movements at about six weeks.
- Baby should gain at least four to six ounces per week after the fourth day of life.

If baby is not gaining well, or if he is losing weight after the first few days:

- Contact baby's doctor. Slow weight gain may indicate a serious health problem. In addition, contact an LLL Leader for tips on increasing baby's intake.
- Nurse often for as long as baby will nurse.
- Offer both breasts at each feeding. This will ensure that baby gets all the milk available and that both breasts are stimulated frequently.
- Be sure that baby is positioned correctly and latched on well. If you're unsure, ask an LLL Leader for help.
- Have a breastfeeding session observed by an experienced LLL Leader or lactation consultant.

My baby seems fussy when latching him on. What's going on?

Baby may consistently display these symptoms if you have a forceful let-down (the surge of milk that occurs during feedings) or your body is producing more milk than baby can handle:

- Fussiness or restlessness at the breast; arching away from the breast during milk let-down.
- Coughing, sputtering, and spitting up while nursing.
- Gassy; green, watery, or explosive stools.

Talk with an LLL Leader to help you determine if forceful let-down or oversupply is the problem. It can be corrected by:

- Letting baby nurse on one breast until he comes off on his own. This will allow him to get the higher calorie, fattier milk for a more complete meal with less volume. Removing less milk will signal the breast to slow production to a more manageable level.



■ When baby has “finished” the first breast, burp him and offer the second breast. He probably will take less milk from that breast and you can start with it the next time. If this doesn’t help, talk with an LLL Leader for more suggestions.

■ Use a side-lying nursing position, which allows milk to dribble out of baby’s mouth if it is coming too fast and can prevent coughing and choking.

■ Nurse more frequently, which will reduce the amount of milk accumulated in the breast and make feedings more manageable.

Note: These strategies are not appropriate if baby is not gaining weight adequately.

 **Feeding cues.**
Go to l.li.org/toolkit



What can a father do to help?

 **What about partners?**
Go to l.li.org/toolkit

Though a father can’t breastfeed his baby, there are a number of important ways he can bond with baby and participate in baby’s care.

- Comfort baby by holding and rocking.
- Practice infant massage.
- Play with baby.
- Take on the tasks of giving baths and changing diapers.
- When baby begins to show signs of readiness for solid foods, dad can look forward to helping at mealtimes.
- Being supportive of breastfeeding is perhaps the most important thing a father can do—it helps a mom be confident in her decisions and ensures that baby gets the best start in life.

When will my baby sleep through the night?



■ You can't predict when baby will sleep through the night. There's no "right age" at which he should. Your baby may start doing so earlier or later than others.

■ Most babies need to nurse throughout the night. Your milk is designed for your baby, and his body will digest it quickly and easily—sometimes as fast as 60 minutes.

■ Try to nap when baby naps. Resist the temptation to use baby's naptime to catch up on chores.

■ Many mothers find that keeping baby in the same room with them all night helps reduce fatigue.

Safe sleeping tips include:

■ Whether baby sleeps in a crib, cosleeper, or with his parents, place him to sleep on his back. The mattress should be firm and flat with a fitted sheet.

■ Some experts recommend that the baby sleep in the same room as the parents but on a separate surface.

■ Remove potential hazards from your baby's sleeping area (gaps he can get trapped in, blankets and pillows near where baby's head will be, ties and strings on night clothes, dolls, pets, etc.)

■ Do not sleep with baby on a couch or armchair.

Avoid sharing a bed with baby if:

■ Any person in the bed has consumed alcohol, taken drugs (legal or illegal) that could make him/her extra sleepy, or is too exhausted to be aware of baby.

■ Any person in the bed is a smoker (exposure to cigarette smoke increases baby's risk of Sudden Infant Death Syndrome).

■ Any person in the bed has an illness or condition that affects his/her awareness of baby.



When will baby start solid foods?

Around the middle of the first year, your baby will begin to show you that he's ready to start solid foods. Some signs include:

- Baby is putting things in his mouth.
- Baby has enough strength to sit with support.
- Baby is teething and begins producing more saliva in preparation for the digestion of solid foods.
- Baby has lost the tongue-thrust reflex so he doesn't push solids out of his mouth.

Nurse your baby before offering other foods. Offer to nurse again after the solid "meal," too. Introduce foods one at a time, allowing at least a week between each new food. You can start with just a quarter-teaspoon just once or twice a day, increasing the amount a little at a time. Good early foods include:

- Mashed ripe banana, cooked sweet potato, avocado diced into small pieces that are easy to pick up.
- Protein-rich meat like chicken, fish, or beans, cooked until tender and mashed or offered in small pieces.
- Whole grain cereals, breads, and crackers.
- Other fresh and cooked fruits like scraped apple or unsweetened applesauce, ripe plums, peaches, and pears.



Should I eat a special diet while breastfeeding?



■ Eating a well balanced diet keeps you healthy and feeling good, but your milk always provides ideal nutrition for your baby no matter what you eat.

■ In general, no food is excluded from the list of foods a breastfeeding mother can eat.

■ The amount of caffeine in five or fewer five-ounce cups of coffee may not cause a problem for most moms and babies. A baby who is being over-stimulated with caffeine may be wide-eyed, active, alert, and fussy.

■ If you notice that your baby reacts badly after you have eaten something, it may be best to leave that food out of your diet for a while.

What about consuming alcohol?

■ Drinking to the point of intoxication is not advised. It's also important to be mindful of how alcohol may affect your ability to care for your baby.

■ The effects of alcohol on a nursing baby are directly related to the amount the mother consumes. It takes a 120-pound woman about two to three hours to eliminate from her body the alcohol in one serving of beer or wine. The more alcohol that is consumed, the longer it takes for it to be eliminated.

■ It takes up to 13 hours for a 120-pound woman to eliminate the alcohol from one high-alcohol drink.

■ Mothers who are intoxicated should not breastfeed until they are completely sober.

■ “Pumping and dumping” or drinking a lot of water or coffee will not speed up elimination of alcohol from the body.

■ Besides being cautious about alcohol, do not use other recreational drugs.



Is it safe to breastfeed if I'm sick or on medication?

 Medications.
Go to [llli.org/toolkit](https://www.llli.org/toolkit)

Mothers breastfeed their babies through a variety of illnesses, from colds and infections to chronic conditions. When your body makes antibodies to combat an illness, these antibodies are passed directly to baby through your milk, giving protection and disease-fighting abilities to your baby, too. If you find yourself ill during the course of breastfeeding:

- Let your health care provider know that you are breastfeeding, and how important it is to you to continue doing so.
- Most medications are compatible with breastfeeding. Because every situation is unique, it is important to gather information about a medication and work closely with your health care provider.
- Ask a local La Leche League Leader for resources with information about the safety of medications for breastfeeding mothers. Through education and dialogue, you and your health care provider can develop a safe course of treatment, taking into consideration both your needs and those of your baby.

What are the benefits of babywearing?

■ Soft and comfortable, “slinging” your baby will feel totally natural for both of you. Babywearing allows for hands-free motion and promotes bonding. It also keeps your baby safe, snug, and secure, allowing you to move freely without worry.



■ Babywearing (carrying your baby in a soft carrier) lends itself to inconspicuous nursing.



What are some tips for breastfeeding in public?



■ Two piece outfits, tops that unbutton from the bottom, or apparel designed especially for nursing are convenient for breastfeeding in public. La Leche League International has partnered with Q-T Intimates to create a unique and affordable line of bras and apparel so moms can breastfeed with ease and comfort. See the line of apparel at lilibras.com.

■ Practice breastfeeding at home. Your partner, a close friend, or a mirror can give helpful feedback. And don't forget about attending La Leche League meetings! They provide the perfect setting to connect with other moms and see live demonstrations of how other mothers breastfeed in public.

■ Many states in the USA have laws that protect a mother's right to feed her baby in public. Check lilibras.org for more information about legislation in your area.



How do I coordinate motherhood with employment?

 Day care provider sheet—paced bottle-feeding. Go to lli.org/toolkit

Take off as much time as possible after the birth so you and baby can get a good start with breastfeeding. Wait to introduce a bottle until just before you start back to work. Breastfeeding exclusively while you are at home establishes your milk supply and teaches baby to latch on well. Review these other helpful tips:

- Discuss with your partner who will be responsible for shopping, cooking, changing diapers, and other responsibilities. What are both of your expectations?
- Do as much as possible each night, such as preparing the diaper bag, laying out clothes, and beginning the preparation for the next day's dinner.

- Practice pumping or hand expressing your milk so you learn what works for you. Freeze the milk to use for your first few days back at work. After the first few days, your baby can take fresh milk that was hand expressed or pumped the day before.

- Talk with other moms about their experiences with returning to work while breastfeeding. La Leche League groups are wonderful sources of support and information. To find a group near you, go to lli.org.





What will make the transition back to work easier?

Leaving your baby to return to work is hard, regardless of the feeding method chosen. Keep the following in mind as you return to work:

- Make the first week back to work a short one by returning late in the week.
- Plan to hand express or pump your milk as often as you nurse your baby when you're together.

■ Whether you will see your child to breastfeed during lunch and breaks, or if you'll require a clean, private room to hand express or pump milk throughout the day, talk with your employer about your needs and schedule. This will give you a chance to develop a workable plan for both of you.

■ Two-piece outfits make pumping or hand expression easier while at work. Wearing a blazer or cardigan will hide evidence of leaking. Breast pads may be essential, particularly in the first weeks back at work.

■ Remember that breastfeeding mothers take less time off from their jobs to care for a sick baby because their babies are healthier.

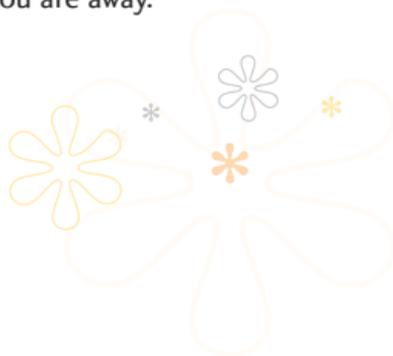


How often should I express my milk if I'm away from my baby?



- Be proud of yourself for continuing to provide baby with the best possible nutrition, as well as a connection (your milk!) while the two of you are separated.
- Pump or hand express your milk as often as you breastfeed when you and baby are together. If baby typically nurses four times in an eight-hour period, aim to pump or hand express at least four times during an eight-hour separation.
- By using a pump that will pump both breasts at the same time, you may be able to express your milk in 10 to 15 minutes. If you're at work, double pumping three times a day can result in having enough milk to leave with baby's caregiver for the following day. As your baby gets older and begins eating solids, you may not need to pump as frequently.

- Pumping or hand expression can be avoided or reduced if your baby is cared for nearby, enabling you to breastfeed in between the times you are separated.
- Your baby may sleep more while you're apart, and nurse more when you're together, including throughout the night. If your baby adopts this pattern, you may be able to eventually pump or hand express milk less often when you are away.



How do I choose a breast pump?

Some mothers find hand expressing convenient, particularly if they express milk only occasionally. Other moms prefer using a breast pump for milk expression. Gather information by talking to experienced breastfeeding moms about how they have handled pumping or hand expression. You can meet other breastfeeding moms through your local La Leche League group.

The chart below is a general guideline for choosing a pump. The most effective and convenient pumps are usually rental pumps and electric pumps for personal use.

| Your situation | Types of pumps | | | |
|--|--------------------------|----------------------------|----------------------------------|-----------|
| | High-quality rental pump | Personal use electric pump | Battery-operated, manual cycling | Hand pump |
| PUMP GUIDELINES | | | | |
| One to three times monthly | | ✓ | ✓ | ✓ |
| Two to three times weekly | ✓ | ✓ | ✓ | ✓ |
| Daily | ✓ | ✓ | | |
| Complete pumping (ill or premature baby) | ✓ | | | |

 It isn't just about the milk. Go to l.li.org/toolkit

 Milk storage. Go to l.li.org/toolkit

How should I store my milk?

- Store your milk in 60 to 120 ml (two to four ounce) amounts to reduce waste.
- Use glass or hard-sided plastic containers with well-fitting tops to store your milk. Be sure they do not contain the controversial chemical bisphenol A.
- Plastic bags have a greater risk of contaminating milk because they are less durable. Some types of plastic may destroy nutrients in milk. If you plan to use bags, select thick ones that are designed for storing human milk. Double-bagging can help prevent accidents.
- Don't fill the container completely; leave an inch at the top to allow for milk to expand when frozen.

Milk Storage Guidelines

| WHERE | TEMPERATURE | TIME |
|---------------------|----------------------------------|---|
| At room temperature | 66°-78°F (19°-26°C) | 4 hours (ideal) up to 6 hours (acceptable)* (some sources use 8 hours) |
| In a refrigerator | < 39°F (< 4°C) | 72 hours (ideal) up to 8 days (acceptable)** |
| In a freezer | -0.4° to -4°F (-18° to -20°C) | 6 months (ideal) up to 12 months (acceptable) |

* The preference is to refrigerate or chill milk right after it is expressed.

** Eight days acceptable if collected in a very clean, careful way.

Thawing and warming milk

- Thaw milk in its container.
- Thaw overnight in the refrigerator, under lukewarm running tap water, or in a pan of lukewarm water.
- Do not use hot water or a microwave.
- If milk has been frozen and thawed, it can be refrigerated for up to 24 hours. Do not refreeze.

I stopped breastfeeding and would like to start again. How do I do this?

Relactation and induced lactation are possible using the following strategies:

- As often as possible, put baby to the breast to suckle at each feeding and for comfort between feedings.

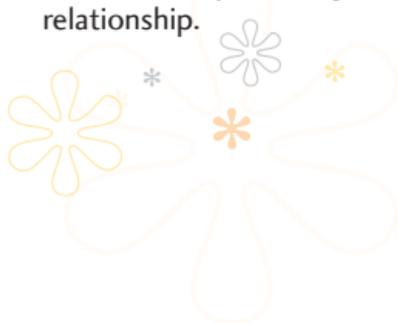


- Use a breast pump to stimulate your breasts to make milk.
- Use a nursing supplementer to provide additional nutrition at the breast while baby suckles at the breast.

- Talk to a health care provider about using herbs and medication to increase your milk supply.

What about weaning?

- Babies receive the full benefits of your milk when they are exclusively breastfed for about six months. After that, they can begin receiving other nutritious foods.
- It is recommended that breastfeeding continue for at least the first year, and for as long after that as mother and child desire.
- Weaning will occur gradually as you and your baby move into the next phase of your relationship.





The newborn baby has only three demands. They are warmth in the arms of [his] mother, food from her breasts, and security in the knowledge of her presence. Breastfeeding satisfies all three.

– Grantly Dick-Read, MD, from *Childbirth Without Fear*, 1955

The Womanly Art of Breastfeeding

New 8th Edition, page 5



A Few Online Breastfeeding Resources for Mothers

 Websites for moms and their caregivers. Go to lly.org/toolkit

■ La Leche League International: lly.org

■ *Breastfeeding Today*:

lly.org/breastfeedingtoday

■ Breastfeeding after breast and nipple surgery: bfar.org

■ Breastfeeding—general information: kellymom.com

■ Common Sense breastfeeding (Diane Wiessinger): normalfed.com

■ Depression in new mothers: granitescientific.com

■ ILCA (International Lactation Consultant Association): ilca.org

■ Jack Newman, MD, co-author of *The Ultimate Breastfeeding Book of Answers*: drjacknewman.com

■ Low milk supply issues: lowmilksupply.org

■ Oral issues (tongue-tie, dental caries, etc.): brianpalmerdds.com

■ Plus-size nursing bra and clothing resources: vireday.com/plus/PlusMat_Nursing.html

■ Research-based hospital protocols—Academy of Breastfeeding Medicine: bfmed.org

■ Sleeping safely—and together (Notre Dame Mother-Baby Behavioral Sleep Lab): nd.edu/~jmckenn1/lab

■ Thomas Hale (*Medications and Mothers' Milk*): neonatal.ttuhscc.edu/lact

■ The United States Breastfeeding Committee: usbreastfeeding.org

■ Ask Dr. Sears Pediatric medicine website: askdrsears.com





Motherlove[®]

Nurturing Life[®]



Breastfeeding is the healthiest choice
for both mother and baby.

That is why Motherlove is
dedicated to providing supplements
to help increase breast milk supply.
All of our products are made with certified
organic herbs and proven to be
safe and effective.



What is
La Leche League
International?

In 1956, seven women dedicated themselves to helping mothers worldwide. Through their vision, La Leche League International (LLLI) was born.

Our organization:

- Provides extensive breastfeeding information and support.
- Is present in 68 countries and helps millions of people.
- Has a process for accrediting volunteer Leaders who make themselves available to moms who are seeking breastfeeding information—whether it's through a phone call in the middle of the night or at a gathering with other moms.
- Supports health care professionals so that mothers under their care receive the latest information.
- Provides a variety of opportunities to help women receive information, support, and encouragement from the best breastfeeding experts in the world: experienced mothers.
- Operates llli.org, which helps parents find the latest information, connect with others on an online forum, and shop for books and products.
- Support LLLI in a variety of ways and help mothers & babies around the world!
([click here](#))

The LLLI Website offers extensive breastfeeding and parenting information.

Have you visited Illi.org?

■ Looking for an LLL Leader in your city? Search the database for information on how to contact a local Leader or find LLL meetings and other events.

■ Need quick answers to breastfeeding questions?

■ Read the extensive Frequently Asked Questions section.

■ Missed out on issues of *Breastfeeding Today*? Find articles from back issues.

■ Want to connect online with other breastfeeding moms? Browse the Mother-to-Mother forums.

■ Interested in the latest breastfeeding and parenting products? Shop at the online store, store.lli.org for books that have been carefully evaluated by nursing moms like you.



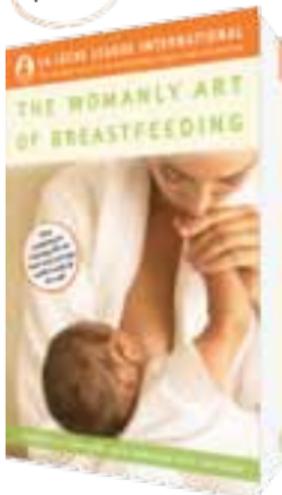


store.llli.org products

SPECIAL PRICES ARE AVAILABLE FOR MOST PRODUCTS

For more info contact: cs@llli.org | 847.519.9585

NEW



The Womanly Art of Breastfeeding, 8th Edition

\$20.00 | #10250

Dedicated to supporting nursing and expectant mothers, the internationally respected La Leche League has set the standard for educating and supporting mothers in this natural art for generations. Now their classic bestselling guide has been retooled, refocused, and updated for today's mothers and lifestyles. Real-mom wisdom, expert information, and proven strategies for breastfeeding at every stage.



NEW

LLL Annual Supporting Membership

\$25.00 | #10304

Supporting membership includes:

- 10% savings on items purchased in the LLLI online store
- Special offers on LLLI store items.
- Breastfeeding Today, our global online publication with breastfeeding research, articles, resources and products.
- Advanced notices for new products and materials.

Most importantly, your support will help mothers and babies around the world!



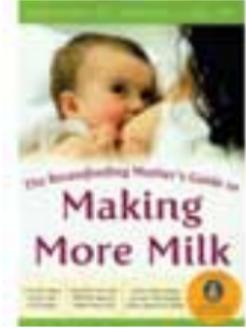
The Breastfeeding Mother's Guide to Making More Milk

by Diana West and Lisa Marasco

\$17.95 | #10201

This comprehensive book incorporates the latest research and discoveries about causes of low milk supply, the way the body makes milk, and how babies contribute to milk production.

Valuable suggestions for both time-honored and innovative ways to make more milk are provided, as well as extensive information on a variety of breastfeeding situations and problems. Softcover, 278 pages.

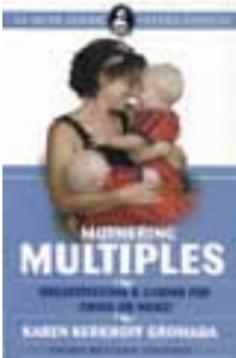
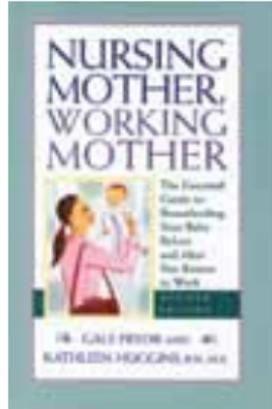


Nursing Mother, Working Mother

by Gale Pryor and Kathleen Huggins

\$12.95 | #4

In this book, the authors provide essential advice on getting breastfeeding off to a good start, tips for pumping, finding supportive child care, and more. Softcover, 238 pages.



Mothering Multiples: Breastfeeding and Caring for Twins or More

Karen Kerkhoff Gromada

\$18.95 | #10004

Many moms of multiples wonder if it's possible to breastfeed. The simple answer is yes! All aspects of caring for multiple babies are addressed in this book, including possible complications of pregnancy, preparing for birth, establishing a milk supply, and more. Softcover, 448 pages.



**Balboa Baby
Adjustable Sling**

\$59.95



**Baby K'tan
Carriers**

\$54.99



CuddlyWrap

\$69.95

Carriers are used by parents to support their babies in a variety of positions. While you attend to daily tasks, your baby can enjoy the closeness of your body. For more information shop online at store.lli.org or call 800-LALECHE.



Breastfeeding: Keep It Simple

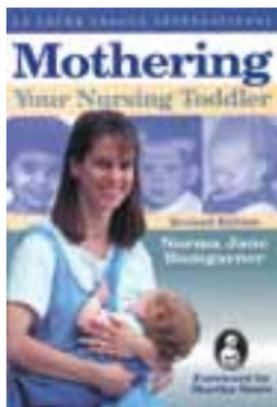
by **Amy Spangler**

\$5.25 | #1649

Concise and easy to read, this book is ideal for moms who wonder if breastfeeding is compatible with their busy lives. The author provides answers to common breastfeeding questions and writes with warmth and knowledge to give mothers confidence. Softcover, 103 pages.

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Mothering Your Nursing Toddler

by Norma Jane Bumgarner

\$13.95 | #157

In this book, the author puts the experience of nursing an older baby or child into perspective. She cites a variety of evidence in support of extended breastfeeding and shares stories from families for whom breastfeeding and natural weaning have been the norm. Softcover, 308 pages.

The Nursing Mother's Guide to Weaning

by Kathleen Huggins and Linda Ziedrich

\$11.95 | #66

This book explains why weaning is such an important transition in a child's life. From solving nursing difficulties to information on weaning at different ages, the authors will help you decide when the time is right. Softcover, 208 pages.

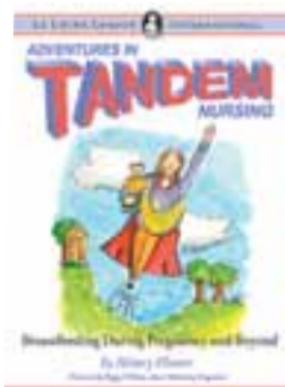


Adventures in Tandem Nursing

by Hilary Flower

\$14.95 | #1379

If you're pregnant and trying to figure out what to do with your current avid nurser, this book is for you! Author Hilary Flower combines research with personal stories and humor to create an excellent reservoir of ideas. Softcover, 327 pages.





Breastfeeding Older Children

by Ann Sinnott

\$33.95 | #10260

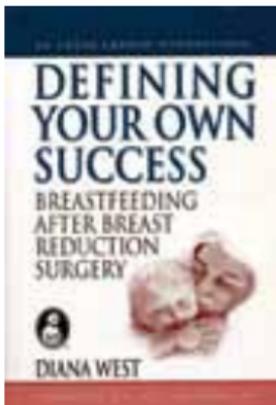
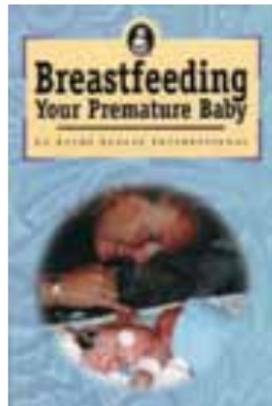
This book examines breastfeeding older children, and helps the reader form an opinion on this topic. Breastfeeding older children draws on medical evidence provided through current medical opinion and historical findings. Extracts of surveys completed by mothers but also by fathers and children are provided throughout the book.

Breastfeeding Your Premature Baby

by Gwen Gotsch

\$6.95 | #150

Premie babies benefit greatly from mama's milk. This book provides the basics for moms of these tiny infants, and explains why breastfeeding is so important. Softcover, 60 pages.

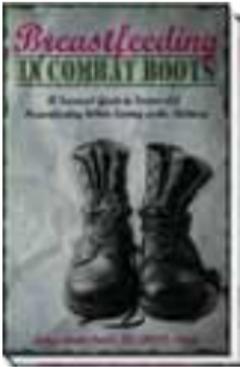


Defining Your Own Success

by Diana West, IBCLC

\$24.95 | #1001

This book is ideal for health care providers and mothers alike, addressing the questions that are associated with if and how a mother can breastfeed after breast reduction surgery. Softcover, 368 pages.



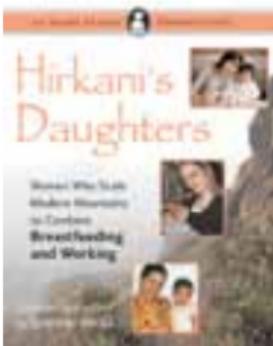
Breastfeeding in Combat Boots



by Robyn Roche-Paull

\$29.95 | #10294

Are you pregnant and in the military? Do you want to breastfeed, but just don't know how you can combine 12 hour shifts, training exercises, or deployment with breastfeeding your baby? Robyn Roche-Paull answers these questions and more in *Breastfeeding in Combat Boots - A Survival Guide to Successful Breastfeeding While Serving in the Military*.

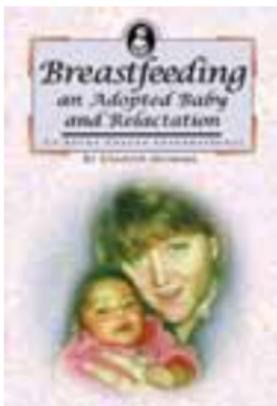


Hirkani's Daughters

edited by Jennifer Hicks

\$13.95 | #1723

A compilation of inspirational tales from women around the world, this book combines tips with stories of employed mothers who have overcome various obstacles to continue breastfeeding. Softcover, 300 pages.



Breastfeeding An Adopted Baby and Relactation

by Elizabeth Hormann

\$10.95 | #1758

Author Elizabeth Hormann explains the processes of induced lactation and relactation in this book. Topics include: preparation for adoptive breastfeeding; substances that stimulate milk production; beginning breastfeeding with an adopted baby; and sources of support. Softcover, 66 pages.



Balboa Baby shopping cart cover

\$45.99



Simple and fashionable providing a clean & secure environment for babies. For more information shop online at store.lli.org or call 800-LALECHE.



Balboa Baby Nursing Pillow

\$45.99

Simple and fashionable the only contoured nursing pillow for mom and baby's comfort. For more information shop online at store.lli.org or call 800-LALECHE.



The Vaccine Book: Making the Right Decision for Your Child

by Robert Sears, MD

\$13.95 | #10098

Find everything you need to know about each disease/vaccine pair, including how each vaccine is made and the ingredients included, side effects of vaccines, tailoring your child's shot schedule, and more. Softcover, 304 pages.



Pea in a Pod: Your Complete Guide to Pregnancy, Childbirth, and Beyond

by Linda Goldberg

\$17.95 | #10202

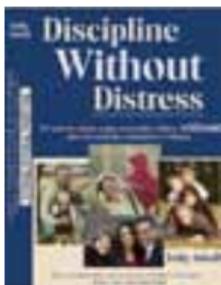
A wealth of hints for the father-to-be and labor partner are also included. Whether you're having your first child or your fourth, this guide is a must have! Softcover, 482 pages.

Motherwise and Fatherwise Set

by **Alice Bolster**

\$15.00 | #10100

Filled with wisdom and practical advice, and ideal for expecting, new, and experienced parents. 122 and 101 pages.



Discipline without Distress: 135 Tools for Raising Caring, Responsible Children without Spanking, Punishment, or Time-Outs

by **Judy Arnall**

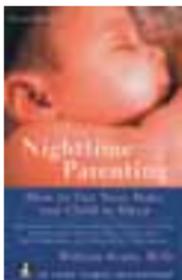
\$19.95 | #10136

Becoming a Father

by **William Sears**

\$10.95 | #1377

Written especially for the male half of the parenting team, this book is a guide to making wise investments in family. Dr. Sears details how to weather the changes that pregnancy, breastfeeding, and children bring to a marriage. Softcover, 242 pages.



Nighttime Parenting: How to Get Your Baby and Child to Sleep

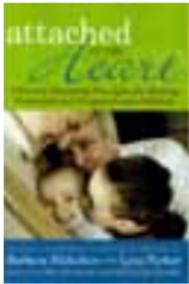
by **William Sears**

\$9.95 | #160

This book provides information on safe cosleeping, the benefits of breastfeeding at night, how to get your baby to sleep and stay asleep, how to deal with toddlers who wake at night, and methods for getting children to bed without a struggle. Softcover, 224 pages

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Attached at the Heart: 8 Proven Parenting Principles for Raising Connected and Compassionate Children



by **Barbara Nicholson and Lysa Parker**

\$24.95 | #10218

Comprehensive parenting book focusing on the eight principles of attachment parenting. Engaging and easy to read, this book discusses: Facts to know before and after baby is born, Strategies to strengthen emotional bonds with your child, How to be a more conscious parent, Raising children with empathy and respect can affect society.

Playful Learning: An Alternative Approach to Preschool



by **Anne Engelhardt and Cheryl Sullivan**

\$16.95 | #162



Focuses on setting up a nurturing and fun learning environment for children at home. Provides great tips on activities that can easily be done by one child or a group. Softcover, 465 pages.



Sleeping with Your Baby: A Parent's Guide to Cosleeping

by **James McKenna**

\$14.95 | #10030

Join Dr. James McKenna as he provides the latest information on the benefits of cosleeping and explores the various ways to share sleep safely. Softcover, 128 pages.



Eat Well, Lose Weight While Breastfeeding

by Eileen Behan

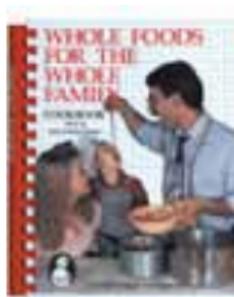
\$14.95 | #10106

This book explains the weight loss process in realistic terms and answers important questions breastfeeding women may have regarding nutrition. Softcover, 288 pages.

Whole Foods for the Whole Family

by Roberta Johnson

\$18.95 | #151



More than 900 kitchen-tested recipes contributed by mothers all over the world, with time-saving meals, ideas for using leftovers, special diet and allergy recipes, and more! Recipes include meat and meatless main dishes, ethnic foods, whole grain breads, desserts, snacks, and sandwiches.



Whole Foods For Kids to Cook

by La Leche League International

\$9.95 | #149

Features a variety of healthy recipes for families, some simple enough for preschoolers to put together with a little help from Mom and Dad, and more!

LLL Cookbook Set

\$45.00 | #10144

For a limited time, buy the most popular LLLI cookbooks at a bargain price! The pairing of Whole Foods for the Whole Family, Whole Foods from the Whole World, Whole Foods for Kids to Cook, and Whole Foods for Babies and Toddlers will satisfy every craving for delicious and nutritious meals and snacks!





Mommy Breastfeeds My Baby Brother

by Mark Repkin

\$16.99 | #10219

Jenna is full of questions when her new baby brother comes home with mom.

A sweet children's book filled with easy to understand breastfeeding information for young children and bright and colorful illustrations.

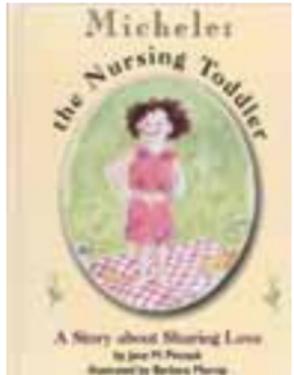
Michele The Nursing Toddler



by Jane M. Pinczuk

\$14.95 | #147

In this book, Michele blooms from babyhood to toddlerhood, developing confidence and pride along the way. Children will enjoy a story about a fellow nursing toddler, as well as the bright, watercolor illustrations. Hardcover, 32 pages.



Maggie's Weaning

by Mary Joan Deutschbein

\$11.95 | #721

A delightful, child's-eye view of the nursing experience. As Maggie remembers the times she once spent at her mother's breast, she talks about the joys and the challenges of slowly leaving breastfeeding behind. Softcover, 16 pages.



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Watercolor Notecards

\$11.00 | #10093

are perfect for sending personalized messages on birthdays, holidays, and any other occasion! This set of 8 includes various scenes from parenthood using a warm watercolor technique. Set of 8 cards and envelopes; Blank inside.

NEW

LLLI Logo Pins



(Actual Size)

\$7.50 ea. | Green, #10296 | Blue, #10298 | Orange, #10300

LLLI (metal) logo lapel pin with military clutch backing. Size is .75" and comes in a 1 1/8" square clear acrylic gift box.

(Actual Size)



Women Making a Difference Pin

\$6.00 | #10286

A special pin for that special person!

NEW

International Breastfeeding bag

\$5.50 | #10242



It's made from 100% recycled materials, is hand washable, and is gusseted for maximum space. Use it again and again for groceries, to tote personal items, and to show your support for breastfeeding mothers around the world! Measures 13x13x5.



La Leche League International has partnered with Q-T Intimates to create the LLLI Nursing Bras and Intimates collection. Nursing or pumping is a breeze with one of the stylish bras or tank tops. When you cuddle up with baby, slip into the soft, comfortable pajama set. Prices are affordable!

llliclothes.com

Pajama Set





Pull Over Sport Bra



Bra and Panty Set

#4104

Rugby Stripe with Lace:
Available in nude.

Wrap 'N Snap

#4101

Available in black,
nude, and leopard.



NAAPA
Award Winner!

Pajama Set

Available Soon!

Tank Top





Mother's Milk: A Breastfeeding Guide

by **Gina Weissman**

\$45.00 | #1735

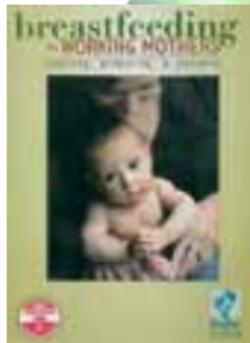
The goal of this video is to help women have a satisfying and comfortable breastfeeding experience. Topics addressed include preventing common challenges, engorgement, latch-on techniques, and employment and breastfeeding; 30-minute DVD.



Breastfeeding for Working Mothers

\$119.95 | #10254

In less than 20 minutes, this program shows new and expectant mothers how to successfully continue breastfeeding once they return to work. Viewers will learn how to plan during pregnancy, prepare during maternity leave, and how to pump and store their milk once they are back at work.



Bonding with your Brilliant & Beautiful Baby through Infant Massage

\$26.00 | #10159

Shows parents a loving way to communicate with their baby. This 45-minute DVD is a wonderful introduction to infant massage, providing detailed chapters devoted to each part of the body, demonstrations, and examples of parents practicing these techniques on their babies.



NEW

Breastfeeding Basics

\$37.00 | #1878

20-minute DVD that discusses getting breastfeeding off to the right start, positioning, latch-on, the suckling reflex, let-down technique, and more.

Breastfeeding Comprehensive

\$147.00 | #1879

135-minute DVD that discusses the benefits of breastfeeding, positioning, latch-on, the suckling reflex, let-down technique, how the breast makes milk, fore milk and hind milk, medications and human milk, problems and solutions, breastfeeding and special situations, maximizing supply, a father's role, attachment parenting, weaning, politics and the law, and more.



NEW

NEW

Breastfeeding Intensive

\$57.00 | #1880

45-minute DVD— discusses the benefits of breastfeeding, positioning, latch-on, the suckling reflex, let-down technique, how the breast makes milk, fore milk and hind milk, medications and human milk, and more.



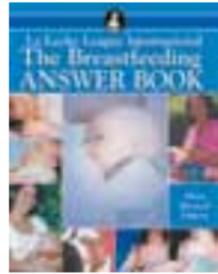
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Breastfeeding Answer Book

by Nancy Mohrbacher, IBCLC,
and Julie Stock, IBCLC
\$68.00 | #1260



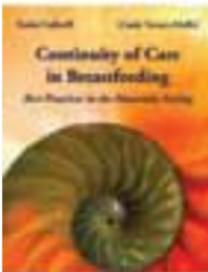
Breastfeeding Answer Book Pocket Guide

by Nancy Mohrbacher, IBCLC
\$37.95 | #1722



Medications and Mothers' Milk, 14th edition

by Thomas W. Hale, Ph.D
\$35.95 | #10271

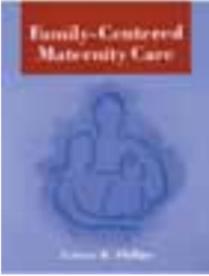


Continuity of Care in Breastfeeding

Karin Cadwell, PhD, RN, FAAN, IBCLC, RLC,
and Cynthia Turner-Maffei, MA, IBCLC, RLC
\$46.95 | #10175

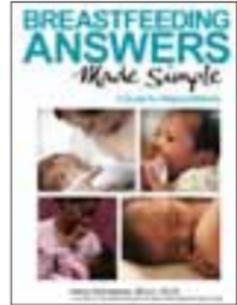
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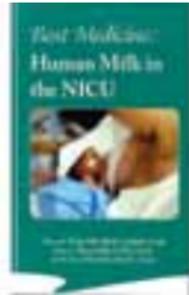
Family-Centered Maternity Care

by **Celeste R. Phillips**
\$67.95 | #1493



Breastfeeding Answers Made Simple: A Guide for Helping Mothers

by **Nancy Mohrbacher**
\$79.95 | 10285

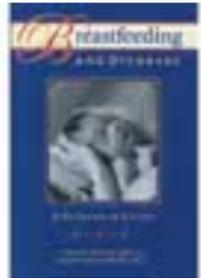


Best Medicine: Human Milk in the NICU

**Nancy E. Wight, Jane A. Morton,
and Jae H. Kim**
\$32.95 | #10153

Breastfeeding and Diseases: A Reference Guide

**E. Stephen Buescher
and Susan W. Hatcher**
\$24.95 | #10147



Clinics in Human Lactation: Breastfeeding After Breast and Nipple Procedures

by **Diana West and Elliott M. Hirsch**
\$18.95 | #10194



tear-off sheets

Topic-specific publications that provide information on common breastfeeding concerns or special circumstances. All tear-off sheets are \$7.95 for a pad of 50.

Vitamin D, Your Baby, & You

#10344



Safe Sleep for Breastfeeding Babies

#10343



What is Reflux?

#10342



What about Weaning

#10341



Breastfeeding Tips

#1168, English/Spanish



Tips for Breastfeeding

Twins

#10237



Establishing Your Milk Supply

#10245, English/Spanish



A Guide to Pumping your Milk

#10220



Increasing Your Milk Supply

#10245



Breastfeeding After Cesarean Birth

#10209

Are Your Nipples Sore?

#10203

Treating Thrush

#935

Is my breastfed baby getting Enough Milk?

#10155

Introducing Complementary Foods to Your Breastfed Baby

#10156

Storing Human Milk

#10134

Facts about Breastfeeding '08

#10088

Working and Breastfeeding

#1220

The Importance of Breastfeeding

#1376

Manual Expression of Breast Milk—Marmet Technique

#571

If Your Breasts Become Engorged

#896



Safe Sleep

#1486



Tips for Handling
the Baby Blues

#986

Nipple Shields

#1347

Treating Thrush

#935

Environmental Chemicals
and Human Milk

#1747

Smoking and Breastfeeding

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Babies and Toddlers

#1557

Newborn Jaundice

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The Breastfeeding Father

#1442

The Balancing Act

#1165

Help for Sore Nipples

#1666

Nutrition and Breastfeeding

#1378

Help for Sore Breasts

#1564

Nipple Confusion

#1616

Breastfeeding in Public

#1848

Breastfeeding and Obesity

#1874

Breastfeeding & Sexuality

#926

Breastfeeding a Baby with
a Cleft Lip or Palate

#1613, \$2.50 per pamphlet

The Diabetic Mother and
Breastfeeding

#525, \$2.50 per pamphlet

Breastfeeding a Baby
with Down Syndrome

#528, \$2.50 per pamphlet



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The translated edition of the LLLI book, *Motherwise*.

Encourages expecting, new, and experienced mothers to follow their instincts in the all-important role of being a parent.



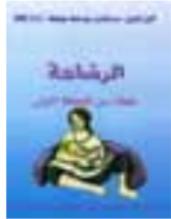
Lactancia materna libro de respuestas

\$65.00 | #1112

The translated edition of the LLLI book, *The Breastfeeding Answer Book*. Includes breastfeeding information that is ideal reading for health professionals who work with pregnant and breastfeeding mothers.

Breastfeeding – Right from the start (in Arabic) by by Ellen Shein

\$8.00 | #10256



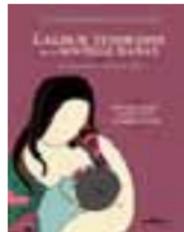
Handboek Borstvoeding (Womanly Art of Breastfeeding)

\$22.95 | #10188

L'album Tendresse de la nouvelle maman (Album of a Mother's tenderness)

by Claude-Suzanne Didierjean-Jouveau

\$36.95 | #10272



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FOR OVER

20
YEARS



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957 N. Plum Grove Road, Schaumburg, Illinois 60173 USA

Our Mission

To help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.