



BREASTFEEDING IN THE NICU

The information below is common advice for families, but things can be different for each person. Always talk to your and your baby's healthcare team.

Questions for You & Baby's Health Care Team:

Does the NICU have a pump I can use?

When can we do skin to skin care?

When can we start breastfeeding and move from pumping to breastfeeding?

If I do not have enough milk, is donor milk available?

How does the hospital staff store or prepare the pumped milk I bring to the NICU?

Tips on Breastfeeding & Pumping:

Getting Started - Keeping up milk supply!

First Milk (colostrum): This is the milk that you will produce in the early days after birth. There is not a specific day after birth when your milk stops being first milk. Instead, it turns into mature milk over time.

Pump 8-12 times in 24 hours to build up supply in the early days.

Try not to go more than 5 hours between pumping sessions.

Once you feel your supply is good, you can adjust pump sessions to 6 times a day with one at night if needed.

You can hand express milk after pumping, with the pump off. (See QR code for hand expression video).

During pumping session, "hands on pumping" may be helpful. (QR code for hands on pumping).

Skin to Skin (when able): Placing baby on bare chest of mom when appropriate can help improve breastfeeding, bonding, baby's growth, and more.

- > Even without skin to skin, your body has already started the process of producing milk. Initiate pumping, or hand expression as noted in this guide to keep up your supply.
- > Do skin to skin (kangaroo care) with infant often. This can be done with parents and/or support person.

Pumping supplies

Obtain an electric breast pump
(See end of guide for more information).

Use a high-quality breast pump. Avoid using a pump that was used for other pregnancies or by another person.

One option is to buy a manual pump. This can be used as a backup pump to keep when away from your baby.

Your Partner or Support Person Can Help By:

Providing support during good and bad times.

Helping wash pump parts.

Filling up water bottle, and keep snacks close by.

Helping with nighttime pumping routine:

- gather supplies needed
- offer to refill snacks and drinks
- place pumped milk into the refrigerator
- provide comfort items
- clean used bottles

Frequently Asked Question

Q: How do I get an electric breast pump?

A: Private Insurance

You can call your insurance provider to ask about covered pump options for your plan.

You can use your insurance info on a supplier website such as Aeroflow, or Edgepark Medical to see what your insurance plan may cover.

A: SoonerSelect insurances (Medicaid): Call your provider to discuss pump options through your insurance.

Aetna Better Health of Oklahoma
1-844-365-4385

Humana Healthy Horizons of Oklahoma
855-223-9868 (TTY: 711)

Oklahoma Complete Health
1-833-752-1664 (TTY: 711)

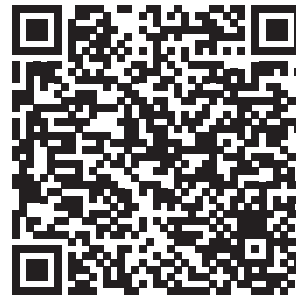
A: Oklahoma Women, Infants & Children Program (WIC)

Apply for the WIC program (888) 655-2942

Electric pumps are available to participants when their baby is in the NICU or if they are attending work/school full-time.

Additional Resources:

Hand Expression (Video)



Hands On Pumping (Video)



Breastfeeding Basics Videos and Articles



**Preparing
for a
Lifetime**
It's Everyone's Responsibility



**OKLAHOMA
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