

We believe in the power  
of your milk



Worth the Wait



#### *How to Hand Express*

1. **Press** your fingers into your breast, towards your chest wall
2. **Compress** your thumb and fingers together, drawing slightly towards the nipple (do not slide your fingers along your skin)
3. **Release** the pressure and relax your hand – repeat every 2-3 hours for at least 10 minutes

#### *The Benefits of Breastfeeding*

- Easy to digest
- Food that is made especially for baby
- Protects against infections
- Lowers risk of a life-threatening infection called NEC (necrotizing enterocolitis)
- Lowers risk of allergies, asthma, diabetes, & childhood cancers
- Lowers risk of breast cancer and ovarian cancer in mother

#### *Bonding Hearts-getting to know your baby*

A mother's scent is uniquely calming to their baby. It is the smell of home. Your scent will help your baby in brain growth, pain-relief, feeding preparation and so much more. Wear this cloth heart close to your heart, where it will pick up your scent and the scent of your milk. We will place this heart next to your baby.

Sharing the heart: Share this heart between you and your baby. This heart will pick up your baby's scent too. By wearing this close to you, it will help you with bonding, breastmilk production, and will help your milk make protective factors specific to your baby



MPEC 1.4.18

#### *Educational Videos*

- Making Enough Milk: The Key to Successful Breastfeeding... Planning for Day One
  - English – 911
  - Spanish – 909
- Breastfeeding: A Guide to Getting Started
  - English – 908
  - Spanish – 910
- A Preemie Needs His Mother
  - English – 907
  - Spanish – 906

To access these videos:

1. In NICU Quiet Room, turn on television to Channel 31 or 32
2. Using phone, dial 37038
3. Follow prompts and enter video code

Additional resources:

<https://med.stanford.edu/newborns/professional-education/breastfeeding.html>

<http://www.medelabreastfeedingus.com/instruction-manuals>

<https://health.uscd.edu/specialties/obgyn/maternity/NEWBORN/NICU/SPIN/Pages/default.aspx>