

**Module 1B - “What about my life?” – Moms often ask this question when they think about breastfeeding. As a father, you can help them work through these concerns and focus on the health of your baby!**

**What I learn:** I can support the mother of my baby and make breastfeeding work for her life!

**Frequently Asked Questions about Lifestyle and Breastfeeding** – here are common questions that Mom’s ask about breastfeeding and their life with some responses you and others can provide them....

**I will be really busy with work and school. I don’t know how I can possibly breastfeed.**

Response: Breastfeeding is convenient and easier than formula and bottles. Although the idea of breastfeeding might seem overwhelming at first, there is a lot of flexibility. Any amount of breast milk you can give your baby is a good thing. You can breastfeed in person whenever you and the baby are together. You can either pump or express milk by hand for when you are not there, but you don’t have to: if it is less than 4 hours, you can breastfeed before and after you get home. Read more about all of this below.

**I can’t run around with a breast pump- what do you suggest?**

Response: You can pump or hand express at home and leave the milk with your child care provider. Also, if your child care provider can bring you the baby during the day or if you can drop into the day care, you can breastfeed during the day. Research shows that this helps women continue breastfeeding while working and going to school.

**Do I need a breast pump?**

Response: No. You don’t need a breast pump. Many women don’t express milk at all and breastfeed at the breast only, and some women choose to hand express their milk instead of using a pump. If you can do a breast self exam, it will be easy to get comfortable expressing your own milk. Your breasts are yours- you can learn to hand express easily.

**How do I get a pump if I want one?**

Response: You can rent a pump from the hospital if you know before you are leaving. WIC will give you a great electric pump free if your baby is 3 weeks old, you are only breastfeeding and you will be separated for 4 or more hours during the week. Your doctor or nurse can order a pump for you from Medic Home Health Supply that your insurance covers. You can buy one at a drug store but the double electric ones are expensive.

**If I want the baby to take bottles and formula in addition to breastfeeding and my breast milk, when do I start?**

Response: Good question. Wait till 2-3 weeks of age to offer a bottle – this way your breast milk supply will not be at risk. Also the baby will get really good at breastfeeding before the bottle enters the picture. You can mix breast milk with formula, and any formula is fine.

**I heard you have to let the father or grandmother or someone else offer the bottle or the baby will refuse it.**

Response: That is not true. You can do it- again just wait for 2-3 weeks so your milk supply is protected.

**What if the baby refuses a bottle?**

Response: Usually that is not a problem if you start one a day by 3 weeks of age. Older infants who can sit up (4-5+ months old) can use a sippy cup for breast milk.

**Don't breastfeeding babies get up a lot more often in the night? I need sleep!**

Response: Breastfeeding babies don't get up more at night than formula babies, it's just easier to feed them. Someone can bring you the baby, and there are no bottles or mixing or heating- everything is ready to go when you are breastfeeding. We recommend safe sleeping- baby on his or her back in a safe place- you can use a bassinette or your Pac N Play or a dresser drawer placed right next to your bed- just reach over and breastfeed and put the baby back.

**Won't I miss out on the WIC benefits if I breastfeed?**

Response: Not true. You will get an expanded breastfeeding mother food packet from WIC for yourself since you are making the milk for the baby. And WIC can give free pumps to moms who breastfeed only, baby is 3 weeks old, and mom and baby may be apart 4 hours a day for work or school.

**Why do you say breastfeeding is cheaper than formula when I get formula free from WIC?**

Response: WIC only gives you a certain amount of formula each month- it is not meant to be all the formula the baby needs! As the baby grows you may need to buy formula, because you will need more than you are given. Formula is expensive. Breast milk is free.

**If I breastfeed does this mean I can't ever go out drinking?**

Response: You can have a night out. But you should not feed the baby when you are drunk or buzzed, and we don't want to encourage you to drink daily. You can pump before having a drink or two and give that milk to the baby till your buzz is gone. If you are buzzed (or drunk) MAKE SURE YOU HAVE SOMEONE TO CARE FOR THE BABY- the milk is not the biggest worry.

**What about the medicines I take for my blood pressure (or for depression)?**

Response: Not all medicines are OK for breastfeeding, but there is at least one or more that are fine with breastfeeding for any health condition. Ask your doctor to check on the internet for "ToxNet" and Lactmed (National Library of Medicine site) or Thomas Hale's site.

**The baby's father does not want me to breastfeed because it will mess up our relationship.**

Response: Stop right there. Why wouldn't he want his baby to be smarter, faster and bigger than every other baby? Does he know that Michael Jordan was breastfed? And not for a short time either!

**How can you say breastfeeding is easy when the first 2 weeks are so hard?**

Response: Once you get through the first few days to weeks, breastfeeding is so easy it's crazy. No bottles, no formula cans, no latex nipples, less to carry, nothing to buy.

**The baby's father feels he will be left out if I breastfeed- what can he do?**

Response: Lots. And not just diaper changing. He can bathe the baby, hold the baby skin-to-skin on his chest, carry the baby around and talk to the baby. He can bring the baby to you to breastfeed, position and help with breastfeeding, and burp the baby between breasts. No father is left out – breastfeeding increases the closeness of the family.

**Doesn't breastfeeding tie you down?**

Response: No, the baby ties you down.

**Will breastfeeding make me tired?**

Response: Honestly yes you will be tired. But the hormones of breastfeeding give you good feelings and bonding and closeness that you miss with formula feeding. Sleep when the baby sleeps if you can. Get help with your other kids and cooking if possible.

## **Breastfeeding checklist when baby is 3 to 4 days old**

1. Does your baby breastfeed every 2-3 hours, or have at least 8 feeds in 24 hours?  
YES  NO
2. Are the feeds at least 10 minutes long?  
YES  NO
3. Do you see or hear the baby swallowing?  
YES  NO
4. Does the baby seem full and satisfied after the feeding?  
YES  NO
5. Do the mother's breasts feel less full after the feeding?  
YES  NO
6. Does your baby have at least 4-6 urine (pee) diapers each day?  
YES  NO
7. Does your baby have at least 3-5 soft stools (bm's) each day?  
YES  NO

**IF any NO,** call for help below:

You can call these numbers yourself! (Cuyahoga County Resources below)

**Breastfeeding Questions 9am-5pm** – MomsFirst Certified Lactation Counselor – 216-645-1593 (can text)

OR WIC lactation consultant at Metro: 216-778-4932 or 216-401-2767

Huron Road: 216-761-7901 (ask for lactation)

Metrohealth Medical Center: 216-778-3337

University Hospitals: 216-595-5354

Fairview Hospital: 216-476-7222

Hillcrest Hospital: 440-312-5332

Marymount Hospital: 216-584-4354

Lakewood Hospital: 216-529-7596

WIC warm line: 216-957-9435

**Breastfeeding Questions after hours or after 5 pm:** call the nurse at: **216-844-MILK**

**Breastfeeding Pumps:** Encourage the mother of your baby to ask the MomsFirst Lactation Counselor or her MomsFirst Community Health Worker for help getting a breast pump.

Medic Home Health Care (701 Beta Drive, Cleve, 44143): 440-449-7727 (fax 440-449-7725)

Edgepark ([www.edgepark.com](http://www.edgepark.com)): 1-800-321-0591 (fax 330-963-6172)

Walgreens (6605 Mayfield Rd, Mayfield Hts 44605): 440-605-1956

If the mother is a WIC participant, pumps are available at no cost if your baby is 3 weeks old, exclusively breastfeeding, and the mother is returning to work or school (part-time or full-time). Contact the WIC office!

**Helpful breastfeeding websites:**

[www.lowmilksupply.org](http://www.lowmilksupply.org); [www.breastfeeding.com](http://www.breastfeeding.com); [www.drjacknewman.com](http://www.drjacknewman.com)

## Module 3C- “Is my baby getting enough milk” and How to Make Milk.

### What I learn:

- 1-To make sure your baby gets enough breast milk, encourage the mother to feed the baby often and empty the breast as much as possible.
- 2- Milk supply comes from milk demand- the more the mother’s breast gets emptied, the more milk she can make for your baby.

### How to tell if your baby is getting enough milk

1. The mother’s breasts feel full before a feeding and soft after (once milk is “in”)
2. Your baby is alert and wants to feed every 2-3 hours
3. You hear the baby swallowing during feeds and see milk in the baby’s mouth
4. You see 5 poopy diapers each day by day 5 (3 per day by day 3- same for pee diapers) – Dads can help by making diaper changing their job!
5. Your baby is satisfied (calm) between feedings

### How does your baby’s mother make more milk for your baby?

1. Encourage the mother to feed more often – wake the baby after 2 hours and feed
2. Make sure the baby gets to “finish” (drops off the breast asleep or gets at least 15 minutes of feeding)
3. Hand express milk:  
a few drops to start the baby feeding  
encourage the mother to express more after the baby is done if she needs to increase supply
4. Encourage the mother to take care of herself by eating and sleeping as best as she can

### How does a mother express breast milk?

Look at instructions with pictures on [coffective.com/learn/nourish](http://coffective.com/learn/nourish), so you can help encourage her

Here’s how a mother should hand express:

- 1- Get a wide mouth cup and towel, wash her hands and sit down in a comfy place
- 2- Help her relax:  
Encourage her take deep slow breaths,  
think about holding a bunch of bright colorful balloons in her hand,  
then tie a problem to a balloon,  
and LET GO of the balloon...  
Encourage her to do it again with another problem and another balloon...
- 3- Then encourage her to “wake up” her breast with a gentle massage- and she is ready!