

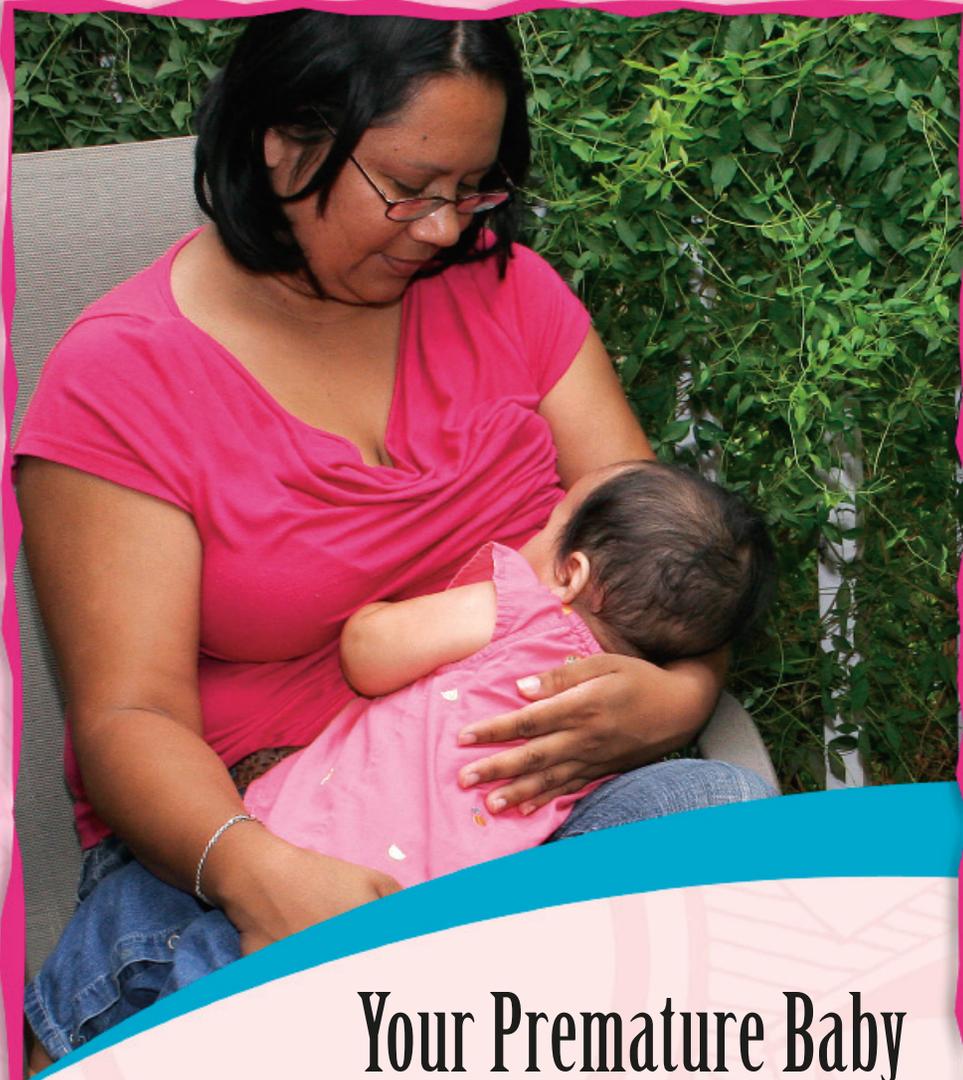


## Helpful Resources

You may need help with breastfeeding. Ask for help if you need it. Call your local WIC clinic or ask for the lactation specialist at the hospital.

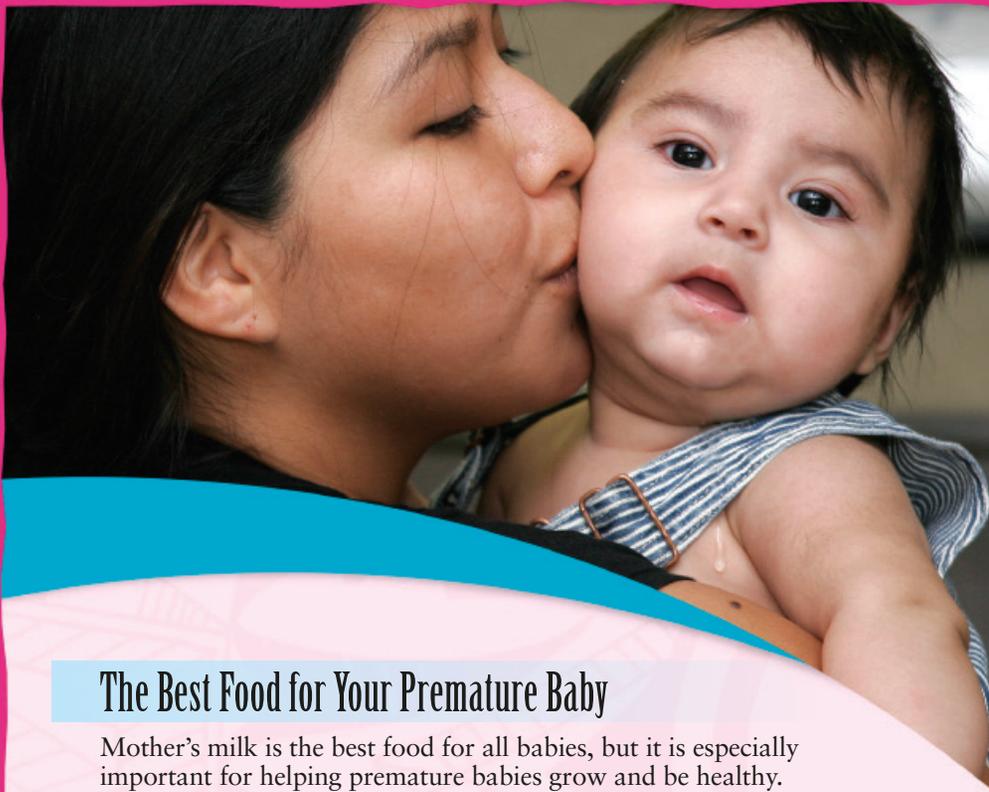
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## Your Premature Baby Needs Your Breastmilk!

*Babies who are born three or more weeks before their due date need mother's milk to help them grow and develop, protect them from disease and help them with digestion. Only breastmilk can do all that. Here are some tips to help give your premature baby the best possible start.*



## The Best Food for Your Premature Baby

Mother's milk is the best food for all babies, but it is especially important for helping premature babies grow and be healthy.

*Here are some ways breastmilk helps premature babies:*

- Premature babies are at higher risk for health problems than full-term babies. Breastmilk is the only food that protects babies from getting sick.
- Premature babies need more nutrients than babies who are not born early. Breastmilk is rich in everything baby needs. If you have a premature baby you will make milk that will meet the needs of your premature baby.
- The tummies of premature babies may not be fully developed. Breastmilk helps babies' tummies develop faster than formula does. Mother's milk is also easier for babies to digest.

## Feeding Your Premature Baby

- Some premature babies can breastfeed right after birth; others may need extra help with feeding. If your baby cannot breastfeed at first, you can pump your breasts using a hospital grade, double electric pump. Talk with your WIC staff about getting an electric pump.
- Whether you breastfeed or pump, it is important to start as soon as possible and to do it often. The more you breastfeed or pump, the more milk your body makes.

## Pumping Tips

- Start pumping within six hours after your baby's birth, if you can. Ask your nurse to help you get started.
- Pump at least 10 - 12 times in 24 hours. Ask about pumping while you are visiting your baby.
- Pump both breasts at the same time for 10-15 minutes each session. You may only get a few drops of milk at each pumping for the first few days. That's Okay. Any amount of your milk will be helpful for your baby.
- If you massage your breasts while pumping, you may get more milk.
- Get some REST. It is important for your body!

### PUMPING SCHEDULE

*(for a mother with a premature baby unable to latch onto the breast)*

	How often?	How long?	Amount expected at each pumping
<b>The First 2 – 3 Days After Birth</b>	Every 2-3 hours (10 - 12 times a day)	10-15 minutes	A few drops to ½ oz.
<b>2 – 3 Days After Birth to 2 Weeks</b>	Every 2-3 hours (10 - 12 times a day)	Until milk flow has stopped for 1-2 minutes	½ to 2 oz.

- Set a goal to pump a total of 25 ounces a day by the time your baby is 14 days old. This will ensure plenty of milk for your baby.
- Follow the guidelines for breastmilk handling and storage given by your hospital or neonatal intensive care unit.

