

## **Breastfeeding and Pumping When Your Child is in the Hospital**

There is nothing worse than seeing your child sick. You want to do the best for your child and make sure she is getting what she needs. Rest assured, you are in the right place and getting the best care here at Children's Mercy! Speaking of rest, we hope that you can find some time to do so while you are here with your child. Here are some helpful hints to make sure your milk supply is right where it needs to be when your child goes home.

### **For Baby:**

- **He/she may not want to feed the same way as at home due to feeling ill.** That's OK! Just offer the breast or bottle on demand or every few hours. Take note if your child does not feed as well or as long and let your doctor/nurse know what is normal for your child
- **He/she may not be able to feed because of illness or surgery.** Try to pump every 2-4 hours or on the same schedule your baby typically feeds. This will help keep you comfortable and keep your milk supply up
- **Sometimes babies need IV fluids for hydration when they don't feel well. This is OK and you still want to continue to feed your baby** as often as needed. The IV fluids may make it more difficult to keep baby awake as it can make him/her "feel full" and not want to feed. This is also OK! Just keep trying. Eventually, they will want to feed
- **Comfort feeds or dream feeds are OK** currently as they help calm a baby during a stressful time if he/she is often getting assessments, shots, vital signs, etc. These feedings help connect you to your baby in times of stress
- **Keep a log** of when you feed your baby and what diapers you change. This is important information that your nurse/provider will want to know. You should be given a log at admission from your nurse

### **For Mom:**

- **Protect your supply while you are in the hospital.** Since your baby may not be feeding and emptying your breasts like normal, you may need to request a hospital grade pump from your nurse. He/she can bring in a pump and supplies and show you how to use it
- **If you need to pump, breastfeed your child first and pump afterwards** if your breasts continue to feel full or heavy. You can either give what you have pumped to your baby or you can save it. Your nurse will give you labels for your milk. Just add the date and time you pumped and put the label on the bottle. Don't forget your milk when your child goes home!
- We store milk in 2 oz bottles. If you pump more milk than that at a time, you can ask your nurse for larger bottles. Then you can pour that milk into the smaller bottles for storage
- Taking care of yourself is SO important during this time! **Please try to drink plenty of fluids** (we can get you a water cup with straw), **rest when baby is resting** and eat regular meals. **We have provided room service** for you. Your nurse will give you a menu and instructions on how to order

This time in the hospital will hopefully be a short one. Please know we are all here to help make this the least stressful experience as possible. Our Lactation team is available in person Monday through Friday and by phone on the weekends. Just have your nurse page us with any questions or breastfeeding/pumping needs. **Please call the Breastfeeding and Pumping Helpline at (816)-346-1309.**

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