



Providing Milk for Your Baby

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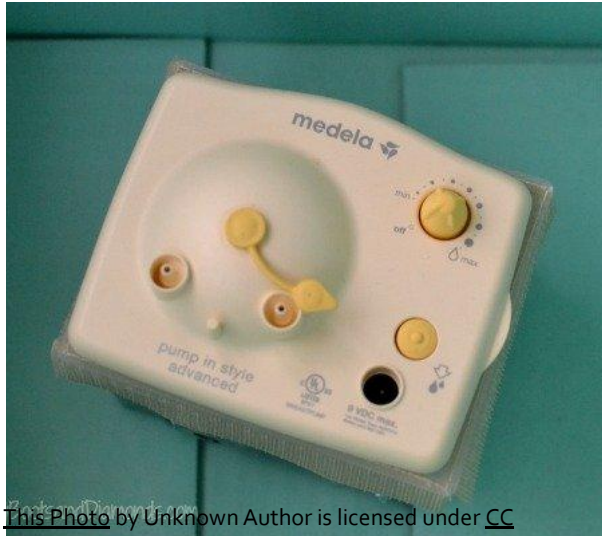


**Human Milk is Life-
Saving for Heart Babies
and their Families!**

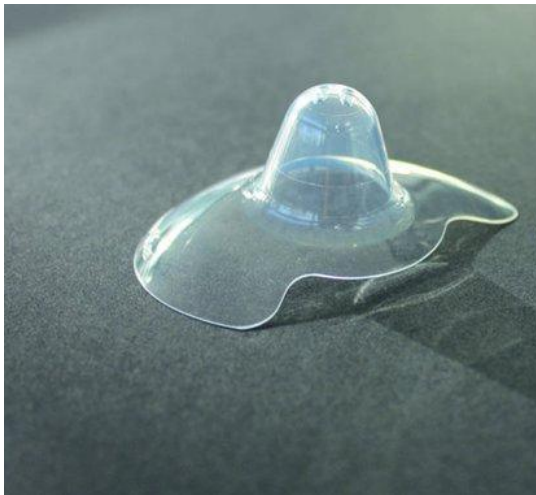
Prenatal Prep

- Take a chest/breastfeeding course and review **credible** resources
- Get comfortable handling your chest/breasts
- Purchase comfortable and supportive bras without underwires
- Ensure that you will have access to a **double electric pump.**

Equipment



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Immediately After Birth

- Pump early and often
- The first 48 hours after birth are crucial for establishing milk supply
- Perform hands on-pumping with a double electric pump for at least fifteen minutes every 2-3 hours
- Save even small amounts of milk, it can be used for oral care, even if you baby cannot eat.

Maintain Milk Supply at CHP

- For the first month postpartum, continue pumping every 2-3 hours—even overnight—until you no longer see milk or for at least 15 minutes.
- Skin-to-skin care has many benefits for parents and babies.

Transitioning to Direct Chest/Breastfeeding

- There are benefits of direct chest/breastfeeding for babies with congenital heart defects.
- It is possible to directly chest/breastfeed your baby, it may just take practice and support

How can Partners and Families Help?

- Educate yourselves
- Be an extra set of hands
- Crowd control
- Make sure mom/lactating parent is eating, drinking, resting, and taking pain medication as needed.

Resources at CHP

- Two full-time IBCLCs
- Certified breastfeeding counselors
- Double electric breast pumps are available for bedside use and to rent
- Lanolin, breast pads, nipple shields, pump supplies, bottles, limited storage, supplement nursers, and test weight scales

Additional Resources

- Droplet: <https://firstdroplets.com/>
- Health Start Center for Urban Breastfeeding:
<https://healthstartpittsburgh.org/center-for-urban-breastfeeding/>
- UPMC Magee-Womens Hospital Lactation Center: 412-641-1121
- The Breastfeeding Center of Pittsburgh: 412-246-4726
- Pittsburgh Black Breastfeeding Circle:
<http://www.pghblackbreastfeedingcircle.org/>
- Allegheny County Health Department: Breastfeeding Helpline Phone 412-350-3163; Emergency/After Hours Phone 412-247-1000
- Mid-Atlantic Mothers' Milk Bank: 412-281-4400
- Medela Breastpump Referral Line: 1-800-Tell-You/1-800-835-5968;
www.medela.com
- KellyMom: <https://kellymom.com/>
- LactMed: <https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>
- Pennsylvania Women Infants Children (WIC) Breastfeeding Hotline:
1-855-4-ASK-MOM; <https://www.pawic.com/>

UPMC | CHILDREN'S
HOSPITAL OF PITTSBURGH

Lactation Consultants:
412-692-7285

