

Supporting WIC Participants Using a Breast Pump

YAA YAA NTI

Navigating the Pump: Panel Session

MN WIC 2024 Training Conference

Factors to consider:

1. To Pump

- Inability to breastfeed (prematurity, illness)
- Healthy, full-term baby not breastfeeding well by 24 hours
- Risk factors for low milk supply (breast reduction, history of low supply, medical conditions)
- Stimulate increase in milk supply
- Returning to work/school
- Separation from baby for extended periods
- Supplementation
- Need for a break

2. Not to Pump

- When birthing person is the primary caregiver
- No/short periods of separation from baby (hand pump)
- When there is no need to supplement
- Abundant breastmilk production

3. Benefit

- Consistency leads to maximum benefits
- It takes time!
- Hands on pumping!

4. Support

- Refer to peer support program, DBE, IBCLC or HCP
- Questions
- Brochure

Putting it into practice- what you might share:

If your baby is breastfeeding well, it is recommended that you exclusively breastfeed until your milk supply is established and your baby is “expert,” at breastfeeding, or for about 3 weeks, before introducing pumping and bottle feeding. There’s no perfect time to start, but 3 weeks seems to work well for most babies. Pumping/bottle feeding earlier can lead to baby preferring bottles. Waiting much longer than 3 weeks, can lead to baby struggling with bottle feeding.

Resource

[Tips for Talking to Your Employer](https://www.health.state.mn.us/docs/people/wic/bf/talkingtips.pdf)

(<https://www.health.state.mn.us/docs/people/wic/bf/talkingtips.pdf>)

[Pumping: Topic of the Month](https://www.health.state.mn.us/docs/people/wic/localagency/topicmonth/pumping.pdf)

(<https://www.health.state.mn.us/docs/people/wic/localagency/topicmonth/pumping.pdf>)

[Hand Expression: Topic of the Month](https://www.health.state.mn.us/docs/people/wic/localagency/wedupdate/2021/topic/0804topic.pdf)

(<https://www.health.state.mn.us/docs/people/wic/localagency/wedupdate/2021/topic/0804topic.pdf>)