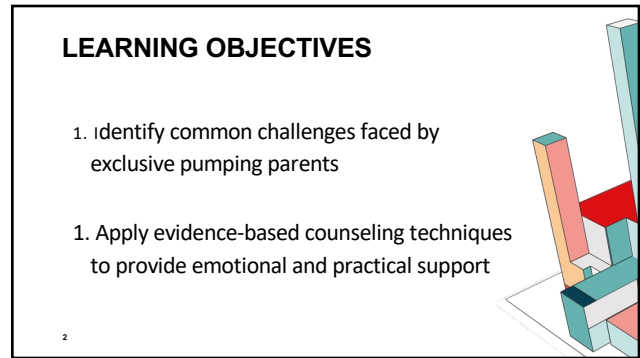
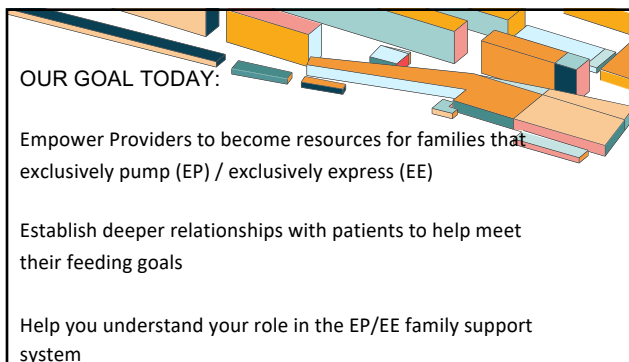


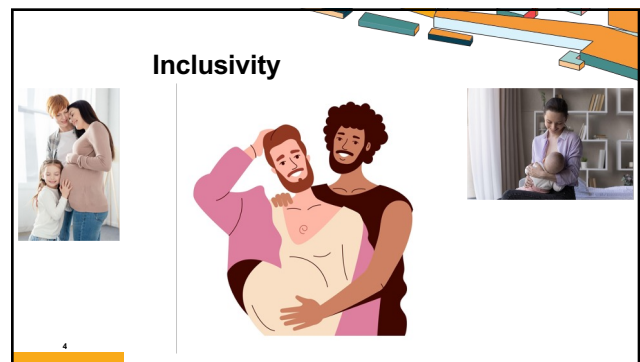
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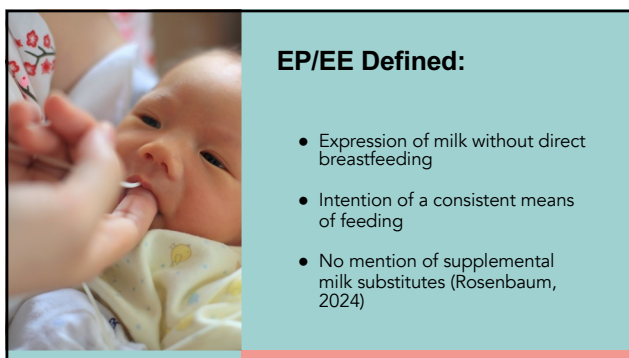
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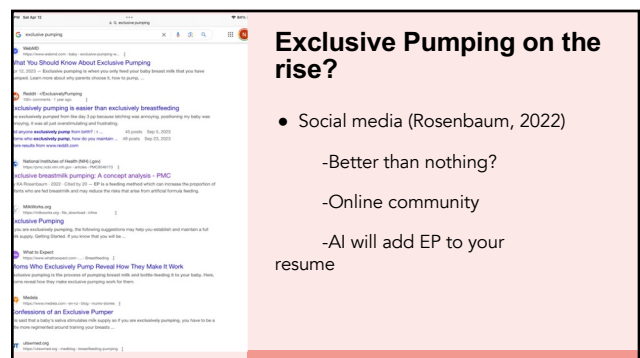
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Alternatives to breast/chestfeeding?

Consumer Reports states that high levels of heavy metals and arsenic have been found in some formulas, and is calling for investigations to see if manufacturing is safe.

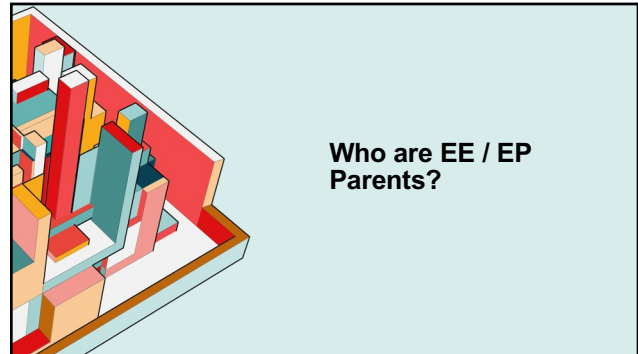
Baby Formula



Surges in demand for a popular goat milk formula has led to shortages recently, and families are unable to find stock.



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Who are EE / EP Parents?

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Who are EE/EP parents?

- Preterm infants (Keim, 2017)
- Multiples
- History of difficulty directly breast/chestfeeding
- Infants who are unable to feed orally
- No desire to breast/chestfeed
- Lower socioeconomic status (Keim, 2017)



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Who are EE/EP parents?

- Formula feeds required at birth hospital
- Perceived low milk supply
- Short parental leave
- Lack of support/resources
- Lack of education
- Undiagnosed/misdiagnosis of TOTs

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Case Studies



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Isabella & Charlie

- Born at 33 weeks gestation via CD
- Birth weights are 3 lbs and 3.5 lbs.
- Parent is provided a hospital grade pump within 6 hours of birth and instructed on how to use it.
- Parent planned to breastfeed directly
- NICU team determines that additional calories will be necessary



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How much milk is enough milk?

Day 1-3- ~ 5mL at each expression, minimum 8/day,
volume increases daily
Day 4-7- 10-20 oz/day
Weeks 2-3- 15-25 oz/day
Week 3- 1 year- 25-35 oz/day



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Challenges

- Equipment
- Time management
- Managing expectations
- Exclusivity/Inclusivity
- Emotional toll



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The Breast Pump Market

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Am I covered under the PUMP Act?
Thanks to the PUMP Act, more workers have the right to break time and private space to pump breast milk during the workday. Most nursing employees now have the right to reasonable break time and space to pump at work for up to one year after their child's birth.

What does my employer need to do?
Employers must provide covered employees with space that is:

- functional for pumping milk,
- shielded from view,
- free from intrusion, AND
- available as needed, AND
- NOT a bathroom

Scan the QR code
to find out if you're covered

Wage and Hour Division
U.S. Department of Labor
dol.gov/pump-at-work
1-866-487-9243

CHALLENGES FACED BY EXCLUSIVE PUMPING PARENTS

- Vague wording of PUMP Act
- State laws that are specific to *Breastfeeding (ncsl.org)

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Hunter

Term infant with known cleft
Experienced parent



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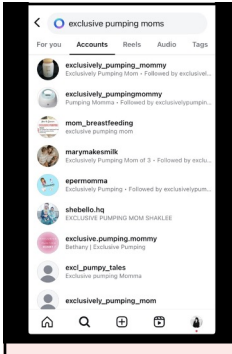
17

Not the Perfect Plan??



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Challenges, they keep coming

- Social Media “experts”
- Overwhelming amounts of bad information
- Lack of education/discussion prenatally
- Providers with no/limited knowledge

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Amaya



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Challenges

- Plugged ducts
- Mastitis [ABM Mastitis Protocol \(2022\)](#)
- Yeast/thrush
- Sore nipples
- Return of menses (Vekemans, 1997)
- Over/Under supply



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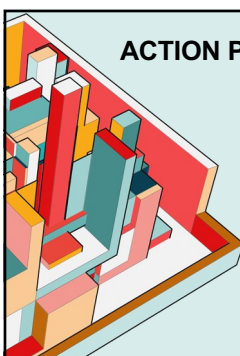
Kierra



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ACTION PLAN


- Have a list of resources available both in office and online for all staff members
- Familiarize yourself with both prescription galactagogues and OTC, and herbs and meds that negatively impact milk supply
- Be able to identify harmful strategies that families might employ
- Be ready to listen



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Scripting

- What are your goals for feeding your baby?
- Who is your support system?
- What do you think might impact those goals?
- What is your plan for achieving those goals?



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Scripting

- How important is this to you?
- What is your back up plan?
- Do you understand what your options are?
- What have you already done to help you meet your goals?

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Questions?

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Resources

1. Keim SA, Boone KM, Oza-Frank R, Geraghty SR. Pumping Milk Without Ever Feeding at the Breast in the Moms2Moms Study. *Breastfeed Med.* 2017 Sep;12(7):422-429. doi: 10.1089/bfm.2017.0025. Epub 2017 Jul 20. PMID: 28727931; PMCID: PMC5646745.
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THANK YOU

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