

A

acetaminophen, 114, 136
 acidophilus, 111
 allergies, 45*t*
 althea root, 62
 alveoli, 52
 anger, 36. *See also* guilt
 anise, 62
 anterior pituitary gland, 38
 antibacterial cleaning cloths, 90
 antibiotics, 111, 114
 antihistamines, 59
 areolas
 flange size and, 86, 88, 115
 stimulation to, 38, 39
 asthma, 45*t*
 attitudes towards exclusively pumping, 18
 autocrine control. *See* supply and demand

B

babies, 54, 102, 117–119, 123–124
 baby carriers, 124
 balance
 creating, 70–71
 maintaining, 66, 74, 75
 need for, 22
 beliefs and biases, 13–15
 benefits of breast milk, 16, 17, 44–46
 bilirubin, 41
 bioactivity/bioavailability, 42
 birth control, 39, 59, 63, 137
 blessed thistle, 62
 blisters, nipple, 113
 blocked ducts
 dropping sessions and, 66
 mastitis and, 113
 milk supply and, 61
 overview of, 112–113
 weaning and, 135
 bonding, 24, 45*t*, 46*t*, 123–124. *See also* skin-to-skin contact
 bottle feeding, 23, 102–103
 bottle liners, 96. *See also* breast milk storage bags
 bottles. *See* collection bottles; feeding bottles
 bras
 concerns with underwire, 52
 hands-free pumping and, 51, 86–87, 124
 weaning and, 137
 breast cancer, reduced risk of, 46*t*
 breast compressions, 51, 113
 breast massage, 51, 53, 113
 breast milk
 benefits of, 44–47

 as best feeding choice, 15–17
 combining formula and, 60
 composition of, 17, 41–44
 importance of, 13–14
 stages of, 40–41
 See also composition of breast milk; expressed breast milk; milk production
 breast milk storage bags, 95
 breast pumps
 adjustment of, 52
 deciding on, 83–84
 hospital-grade, 60, 79, 81–82
 individuality and, 57
 maintenance of, 88–91
 as medical expense, 85
 milk supply and, 58
 open vs. closed systems, 79
 pain caused by, 115–116
 premature babies and, 22–23
 proper functioning of, 61
 purchase/rental of, 82, 84
 requirements for, 77–79
 resentment towards, 116–117
 types of, 80–83
 See also collection bottles; flanges; tubing
 breast shields. *See* flanges
 breast storage capacity, 72, 73
 breastfeeding
 alternatives to, 33–34
 choosing bottles when, 96
 decision to stop, 30
 discomfort with, 16–17
 exclusively pumping after, 56–57
 guilt when not, 35–36, 70
 importance of, 13–14
 other's opinions of, 126
 recommendations for, 15
 unsuccessful attempts at, 14, 16
 breasts
 care of, 115
 development of, 37
 reasons for painful, 110–116
 stimulation to, 38, 39, 40
 weaning and size of, 137–138

C

cabbage leaves, 137
 caffeine, 53, 59
 calcium, 63
 calories (mother), 62
 cancer, reduced risk of, 46*t*
 carbohydrates (in breast milk), 41
 carbohydrates (in diet), 62

children, relationships with older, 124–125
 Children's and Women's Health Care Centre, 106
 citrate, 38
 cleaning breast pumps and kits, 88–91
 cleft palate, 23
 closed milk collection systems, 79, 82
 cluster pumping, 64–65
 cold compresses, 136
 collection bottles, 49, 85, 93–94
 collection systems, maintenance of, 88–91
 colostrum, 37, 41, 45*t*, 53–54
 combining breast milk and formula, 60
 comfort nursing, 24
 composition of breast milk, 17, 37–38, 41–44
 compressions (breast), 51, 113
 contraceptives. *See* birth control
 coriander seed, 62
 cow's milk, switching to, 133–134
 cycling speed, 52, 77–78

D

decision to exclusively pump
 as choice, 35
 emotions and, 27–30
 expectations and, 32–33
 guilt and, 35–36
 information/support and, 15
 options and, 33–34
 dehydration, 72
 depression, 16, 18, 35, 63–64
 desires to quit, 119–122. *See also* weaning
 diet, 41–43, 59, 62
 disappointment, 36. *See also* guilt
 doctors, support from, 26, 28, 119
 domperidone, 63–64. *See also* increasing milk supply;
 low milk supply
 donating breast milk, 106–107
 double breast pumps, 60, 77
 dried sage, 137
 dropping pumping sessions
 creating balance by, 71, 74
 length of sessions and, 31, 54
 methods of, 65–68
 supply and, 73
 when to, 55, 58
 drugs. *See* illegal drugs; medications

E

eczema, 45*t*, 115
 emotions
 breastfeeding failure and, 16, 31
 decision to exclusively pump and, 27–30
 desires to quit and, 119–122

 low milk supply and, 75–76
 sharing, 128
 support for, 119
 towards pump, 116–117
 weaning and, 129, 138
 endocrine control, 39. *See also* hormones; milk
 production; prolactin
 engorgement
 concerns with, 55
 dropping sessions and, 66
 mastitis and, 114
 relief for, 136–137
 weaning and, 135
 entertaining baby, 118
 enzymes, 44
 estrogen, 59, 138
 exclusively pumping
 by choice, 25–26
 decisions related to, 27–36
 passing time while, 86
 perspectives on, 75
 realities of, 30–32, 33
 reasons for, 21–26, 74, 119
 switching to, 30, 56–57
 See also expressed breast milk; pumping breast milk
 exhaustion. *See* fatigue
 expectations, 32–33, 35, 70, 129
 expressed breast milk
 amount needed, 71–73
 collection and storage of, 88–91
 combining with formula, 60
 donating, 106–107
 feeding of, 102–103
 handling of, 23, 25, 97
 look and smell of, 103–105
 traveling with, 107, 117
 use of, 99–101
 See also breast milk; freezing breast milk; storing
 breast milk
 expressing breast milk. *See* pumping breast milk

F

failure, feelings of, 27, 120
 family, 110, 119, 126–127, 132
 fatigue, 18, 22, 53, 72
 fats (in breast milk), 42, 54, 62, 103
 feeding bottles, 96–97
 feeding expressed breast milk, 102–103
 feelings of failure, 27, 120
 fenugreek, 62
 flanges
 friction caused by, 115
 inserts for, 87–88

- need for extra, 65
 overview of, 85–86
 pumping bras and, 87
 sizing of, 51
 use of, 49
 Food and Drug Administration (FDA), 64
 formula
 alternatives to, 33–34
 breast milk preferred to, 14
 combining breast milk and, 60
 cost of, 78
 decision to use, 14
 immunity and, 43
 others' opinions of, 126
 switching to, 17, 34, 133–134
 See also supplementing with formula
 freezer bags, 96. *See also* breast milk storage bags
 freezers, 105
 freezing breast milk, 75, 95, 97–98
 frequency (of pumping)
 guidelines for, 54
 importance of, 38
 initiation of milk supply and, 53
 prolactin receptors and, 39
 storage capacity and, 72
 fresh milk, 99–101, 103
 friction, 114–115. *See also* lubricants
 friends, 110, 119, 126–127, 132
 frozen milk, 101, 104–105, 107

G
 galactogogues, 62
 gentian violet, 111
 glucose, 38
 goals
 consideration of, 67, 120
 for dropping sessions, 74
 setting of, 69–70
 supply requirements and, 73
 weaning and, 129
 grief, 27, 36
 growth factors, 44
 guilt
 breastfeeding failure and, 16, 29, 70
 exclusively pumping and, 35–36
 weaning and, 120, 132–133

H
 handling expressed milk, 23, 97
 hands-free pumping, 51, 83, 86–87, 124
 heat, use of, 51, 113, 114
 help
 accepting, 70, 119, 129
 asking for, 22, 110
 from spouse, 128–129
 herbal supplements, 59, 62, 106, 137
 hormones
 in breast milk, 44
 effects on mothers, 129
 milk production/supply and, 37–40, 63, 137
 premature babies and mothers', 22
 See also oxytocin; prolactin
 horns. *See* flanges
 The Hospital for Sick Children, 59
 hospital-grade breast pumps, 60, 79, 81–82
 Human Milk Banking Association of North America (HMBANA), 106

I
 ibuprofen, 114
 illegal drugs, 59. *See also* medications
 illness, as reason for exclusively pumping, 24–25
 immunity, 41, 43, 45*t*, 120
 immunoglobulins, 37
 increasing milk supply, 61–65. *See also* low milk supply
 individual considerations, 55, 57, 71
 information, importance of, 14, 15
 initiating milk supply, 53–55
 insurance companies, 85
 internet, as resource, 19
 iron, 43, 46*t*

J
 jasmine, 137
 jaundice, 41

K
 keeping records, 72
 kellymom.com, 63, 112, 113

L
 La Leche League, 106
 lactation. *See* milk production
 lactation consultants
 assistance with latch issues, 24
 breast pumps and, 78
 support from, 22, 28, 33–34, 119
 lactational amenorrhea, 39, 46*t*
 lactoferrin, 43
 lactogenesis, 37–38. *See also* milk production
 lactose, 37
 lanolin, 49, 114
 latch problems, 22–23
 lecithin, 113
 lemon balm, 137

- lemon verbena leaf, 62
 lemongrass leaf, 62
 let-down. *See* milk ejection reflex (MER)
 leukocytes, 95
 lipase, 104
 loss, sense of, 16, 24, 29
 low milk supply, 75–76, 82, 120. *See also* increasing milk supply; supplementing with formula
 lubricants, 49–50, 114, 115
- M**
- magnesium, 63
 marriage, 70
 massage (breast), 51, 113
 mastitis, 61, 66, 113–114, 135
 mature milk, 41
 Maxeran, 63–64
 meconium, 41
 medical expenses, breast pumps as, 85
 medications
 contraindications of, 24–25
 milk donation and, 106
 milk ejection reflex and, 53
 milk supply and, 59, 62
 weaning and, 133
 See also birth control
 menstruation, 46*t*, 63, 137
 metoclopramide (Reglan), 63–64. *See also* increasing milk supply; low milk supply
 milk banks, 106–107
 milk ejection reflex (MER)
 conditioning of, 53, 56
 description of, 52–53
 individuals and, 57
 milk production and, 38
 oxytocin and, 40
 relaxation and, 49
 warm compresses to aid, 51
 milk intake, 54
 milk intake (baby's), 102
 milk production
 benefits to mother, 46*t*
 changing aspects of, 41, 53–54
 dropping sessions and, 67
 misconceptions of, 57
 nutrition and, 41–43, 59, 62
 premature babies and, 22
 process of, 37–41
 skin-to-skin contact and, 49
 See also milk supply
 milk storage. *See* storing breast milk
 milk supply
 antihistamines and, 59
 decreasing, 137
 emotions and, 75–76
 fatigue and, 72
 increasing, 61–65
 initiation of, 53–55
 maintaining, 58–60
 premature babies and, 22
 prolactin and, 38–40
 volumes of, 54
 See also increasing milk supply; milk production
 milk volumes
 goals and, 73
 nutrition and, 42
 requirements for, 71–73, 102
 storage capacity and, 72
 minerals (in breast milk), 42, 43
 misconceptions, milk production and, 57, 102
 Motherisk, 59
 mothers, 22, 28, 46*t*
 Mother's Milk Tea, 62
 mourning, 16
- N**
- Newman, Jack, 112
 NG tube, 24
 nighttime pumping, 39, 55, 67
 nipple preference/confusion, 23
 nipples
 care of, 115
 flange size and, 85–86
 reasons for sore, 110–116
 stimulation to, 38, 39
 nipples (bottle), 96
 nutrition (mother's), 41–43, 59, 62
- O**
- oatmeal, 62
 obesity, 45*t*, 102
 older children, relationships with, 124–125
 olive oil, 50, 115
 open milk collection systems, 79
 oral contraceptives. *See* birth control
 oral development, 45*t*
 oregano, 137
 osteoporosis, reduced risk of, 46*t*
 ovarian cancer, reduced risk of, 46*t*
 ovulation, 46*t*
 oxygen, 38
 oxytocin, 40, 46*t*, 52, 57
- P**
- pacifiers, 54, 102
 pain, 23, 53, 110–116

passing time, 86
 passive immunity, 43, 120. *See also* immunity
 peppermint, 137
 periods (menstruation), 46*t*, 63, 137
 pituitary gland, 40
 placenta, milk production and, 37, 38
 plugged ducts. *See* blocked ducts
 post-partum depression, 18. *See also* depression
 post-partum hemorrhages, 40
 power outages, 105
 power pumping, 64–65
 premature babies
 exclusively pumping for, 21–23
 fat in breast milk and, 42
 hospital-grade pumps and, 82
 initiation of milk supply and, 37
 milk supply volumes and, 54
 sterilizing and, 89, 93
 prescription drugs. *See* medications
 pressure from others, 132
 progesterone, impact on prolactin, 39
 progestin-only birth control, 39, 59. *See also* birth control
 prolactin
 daily variations of, 53, 65, 67
 double pumping and, 49, 77
 milk production and, 38–40
 nighttime pumping and, 39, 55
 prolactin receptors/theory, 39, 65
 protein (in breast milk), 37, 41, 42
 pseudoephedrine, 137
 pump kits, 49, 65, 88–91
 pumping at night, 39, 55, 67
 pumping bras, 86–87, 124. *See also* bras; hands-free pumping
 pumping breast milk
 collection methods for, 97
 directly into feeding bottles, 93
 dropping sessions and, 54
 how to, 49–52
 See also exclusively pumping; expressed breast milk
 pumping schedules
 after breastfeeding, 56–57
 frequency of, 53, 54
 length of sessions and, 31
 managing baby and, 117–119
 milk supply and, 58
 See also dropping pumping sessions
 pumps. *See* breast pumps
 purchasing (breast pumps), 84

Q

quitting, 119–122. *See also* weaning

R

records, keeping of, 72
 reducing milk supply, 137
 refrigerated milk, 100, 103–104
 Reglan (metoclopramide), 63–64. *See also* increasing milk supply; low milk supply
 relationships, 123–129
 relaxation when pumping, 50
 renting (breast pumps), 82
 resentment towards pump, 116–117
 responding to questions, 116
 Reynauld's phenomenon, 115
 rotating milk, 75

S

sadness, 36, 132. *See also* depression; guilt
 sage, dried, 137
 scalding breast milk, 104
 schedules. *See* pumping schedules
 selling breast milk, 107
 sense of loss, 16, 24, 29
 separation, as reason for exclusively pumping, 25
 sex drive, 129
 sexual abuse, 16–17, 26
 shallow latch, 23
 shields. *See* flanges
 SIDS (Sudden Infant Death Syndrome), 45*t*, 46*t*
 silicone inserts, 87–88
 single-sided pumping, 80
 single-user breast pumps, 81
 skin-to-skin contact, 45*t*, 46*t*, 49, 124
 sleep, 61, 109–110, 117
 sleepy babies, 23
 slings, 124
 smoking, 53, 106
 SNS (Supplemental Nursing System), 23
 spearmint, 62, 137
 spouses, 119, 127–129
 sterilizing
 premature babies and, 89, 93
 pump kits and, 90
 steam, 49
 storage containers and, 95
 yeast infections and, 112
 stimulation, 38, 39, 40
 storage bags, 95
 storage capacity, 72, 73
 storage containers, 94–96
 storage space, lack of, 105
 storing breast milk

Index

choosing containers for, 94–96
effects on composition, 17
in freezer, 97–98
hygiene and, 88–91
length of time for, 98–99
perspectives on, 75
stress
 milk ejection reflex and, 50, 53
 milk supply and, 58, 63, 72
 new mothers and, 18, 28
 premature babies and, 22
sucking reflex, 102
suction
 adjustment of, 52
 manual pumps and, 80
 milk removal and, 51
 specifications for, 77–78
 using too high of, 114
Sudden Infant Death Syndrome (SIDS), 45*t*, 46*t*
Supplemental Nursing System (SNS), 23
supplementing with formula
 acceptance of, 76
 as alternative to weaning, 69–70
 at birth, 41, 54
 methods of, 23, 60–61
 necessity of, 14
supply. *See* milk supply
supply and demand, 38, 39, 40, 57. *See also* milk production
support
 emotional, 119
 finding, 71, 119, 129
 in hospital, 26
 importance of, 18–19, 110
 lack of, 29, 31
 need for, 14, 15, 120
 of spouse, 70, 128–129
sweet fennel seed, 62
switching to exclusively pumping, 30, 56–57

T

tax deductions, 82
thrush, 89, 111–112, 114
tooth decay, 45*t*
transitional milk, 41
traveling with expressed breast milk, 107, 117
tubing, 79, 85, 88

U

ultrasound, 113
uterine cancer, reduced risk of, 46*t*
uterus, 40, 46*t*

V

vaginal dryness, 129
valves, 89
vitamin D, 43
vitamins (in breast milk), 42, 43
volumes (of milk). *See* milk volumes

W

warm compresses, 51, 113
warming milk, 101
water, intake of, 59, 62, 72
weaning, 69, 70, 120, 131–138
web, as resource, 19
working and pumping, 132
World Health Organization (WHO), 15

Y

yeast infections, 89, 111–112, 114