

Exclusively Pumping Breast Milk, 2nd Edition

A

Academy of Breastfeeding Medicine, 124, 161–62, 169
acetaminophen, 222, 228, 250
acupuncture, 89
Affinity, 147
Affordable Health Care Act, 138–39
alcohol, 123, 238–39
allergies, 71, 121
alveoli, 60–61, 86
Ameda, 139, 143, 144, 146–47, 148, 152, 163
American Academy of Pediatrics, 238
amylase, 166
anise, 121
antibiotics, 223, 227
antibodies, 74–75, 162, 167
antihistamines, 101–2, 132, 250
antioxidants, 120, 177, 178
apoptosis, 63
apps, 103
assumptions, 112–13
asthma, 71
autocrine control, 59, 104
Avent, 143, 144, 145, 146–47, 163

B

babies
 average milk intake, 93
 bonding with, 204–7
 caring for, 234–36
 feeding of, 173–76
 need to suck, 92, 173, 174
 thrush and, 223–24
baby blues, 216
baby carriers, 82, 206
baby-led latching, 199–201
baby vs. freezer, 115
bacterial growth, 166
bacterial meningitis, 71
bad days, 114
Bailey Medical, 139, 141, 146–47, 163
balance, 112–16, 188
basil, 121
battery operated pumps, 146
beer, 120–21, 128
Bergman, Nils, 193
big picture, looking at, 113–14
bioactivity, 165

bioavailability, 179–180
biological expectations, 18–19, 68–70, 210
biological nurturing, 196–99
birth control, 56–57, 101, 123, 132, 250
birth interventions, 91, 220
bisphenol A (BPA), 164
blessed thistle, 121
blisters, 225
blocked ducts, 225–26, 248
bonding, 57, 69, 72, 193, 204–7
bottle-fed vs. breast fed, 173
bottle feeding, 175–76, 206. *see also* feeding
bottle liners, 163–64. *see also* storage bags
bottle nipples, 164–65, 173
bottle nursing, 175–76
bottle preference, 26
bottles
 collection, 160–61
 feeding, 164–65, 174
 labelling of, 165–66
 storage, 161–64
botulism, 71
BPA (bisphenol A), 164
brain development, 71
bras, 85–86, 153–54, 229, 250
breast cancer, 76
breastfed vs. bottle-fed, 173
breastfeeding
 vs. breast milk feeding, 70–77
 for comfort, 26
 emotions of, 32–36
 exclusively pumping after, 97–98
 questions about, 231–32
 recommendations for, 19
 returning to, 26
 transitioning to, 196–201
"breast is best," 19
breast milk
 biological expectations and, 68–70
 combining with formula, 179–180
 composition of, 64–68
 critical exposure periods for, 186
 feeding, 93, 173–76
 labelling of, 168, 169, 195
 look and smell of, 176–77
 selling, 135
 stages of, 55–56
 storage, 165–66, 167–170
 transitioning from, 245–46
 travelling with, 183
 use of, 170–73
breast pads, 224, 229

breast pain, 221–230
breast pumps
 choosing, 137–39, 149–151
 cleaning, 154–57
 NICU and, 188–190
 open vs. closed systems, 142–43
 operation of, 80–86, 119, 127–28
 pain caused by, 229–230
 research on, 141–42, 144
 types of, 143–49
breast shields. *see* flanges
breast size, 62
breast surgery, 123, 221
Bronchio-associated Lymphatic Tissue (BALT), 74
Bupropion, 89
B vitamins, 89

C

cabbage leaves, 222, 250
caesarean sections, 220
calcium, 122–23
Canada, milk banks in, 134
cancer, 76
castor oil compresses, 226
celiac disease, 71
children, relationship with, 207–9
choice, as reason for exclusively pumping, 28–29
cigarettes, 123, 220
cleaning, 154–57, 160
cleft palate, 25
closed systems, 142–43, 146, 148, 149
cluster pumping, 126–27
coconut oil, 82–83, 152, 224, 228
colic, 165
collection bottles, 160–61. *see also* bottles
colostrum, 55, 70, 91–92, 186, 191
Colson, Suzanne, 196–99
combining formula and breast milk, 179–180
comfort, mother's, 83
comfort nursing, 26
compresses, 81, 127, 222, 225, 227, 250
compressions, 81, 128, 142, 191–92, 222, 225
condensation, 155
contraceptives. *see* birth control
conversion kits, 160
cookies, 129
crematocrit levels, 167
critical exposure periods, 186
Crohn's disease, 71
cup feeding, 26
cycling, 89–90, 128, 138, 190

D

daycare, 240
decongestants, 101–2, 132, 250
delayed lactogenesis II, 220–21
demulsification, 167
Dew 350, 148
diabetes, 71, 76, 123, 220
diaper counts, 173–74
diet, 64, 101, 120, 215, 223
digestive enzymes, 166
DIY pumping bras, 154
domperidone, 124–26
donor milk, 130
dopamine, 56, 88, 124
dopamine antagonists, 124
double pumping, 80, 141
dropping pumping sessions, 100, 103–7, 113, 114, 132–33
drug interactions, 121
dry ice, 183
Dysphoric Milk Ejection Reflex (D-MER), 88–89. *see also* milk ejection reflex (MER)

E

Easy Expression Bustier, 153
Eats on Feets, 130, 134
eczema, 71, 229
electric toothbrushes, 226
Elite, 148
Embrace, 144
employment rights, 239
empowerment, 28, 188
EnDeare, 148
endocrine control, 58–59, 104
engorgement, 221–23, 248, 250
EnJoye, 147
Enterobacter sakazakii, 181
enteromammary immune system, 74–75
enzymes, 68, 166
estrogen, 56, 76, 251
exclusively pumping
 after breastfeeding, 97–98
 vs. breastfeeding, 70–77
 challenges of, 38
 definition of, 18
 expectations of, 37–38
 realities of, 36–37
 reasons for, 24–29
expectations, 37–38, 48–49, 51, 112–13

F

facial brushes, 226
failure, feelings of, 33
family, 209–12
fatigue, 22
fats, 64–65, 66, 167, 192
Feedback Inhibitor of Lactation (FIL), 60
feeding, 173–76, 183
feeding bottles, 164–65, 174
feeding cues, 174. *see also* paced bottle feeding
fennel seeds, 121
fenugreek, 121
finger feeding, 26
flanges, 85, 151–53, 228
Flexishields, 152
fluids, 64
Food and Drug Administration (FDA), 125
foremilk/hindmilk, 64–65
formula
 as alternative to breast milk, 40–41
 exclusively pumping as alternative to, 20–22
 supplementation with, 92, 111, 179–182, 220
Freestyle, 147
freezer bags, 163–64. *see also* storage bags
freezer failure, 182
freezer storage, 161–64, 167
freezer vs. baby, 115
frequency, 90–91, 94–96
fresh milk, 166–67, 176–77
friction, 228–29
fridge storage, 161–64
friends, 209–12
frozen milk, 166–67, 171–72, 176–77, 183

G

galactogogues, 121, 124. *see also* herbal supplements
gastroenteritis, 71
Gerber, 163
glandular insufficiency, 58, 123, 221
glass bottles, 161–62
goal setting, 110–11
goat's rue, 121
grief, 44–50, 243–44
grieving, 32–33
growth, 65, 174
growth charts, 174
growth factors, 68
guilt, 33, 43–48, 243–44
Gut-associated Lymphatic Tissue (GALT), 74

H

Hale, Thomas, 102, 119, 239
hand expression, 80, 191. *see also* hands-on pumping techniques
hand-eye coordination, 73
hands-free bras, 85–86, 153–54, 206
hands-on pumping techniques, 81, 142, 191–93
Harmony, 145
Hartmann, Peter, 93, 141
Health Canada, 125
herbal supplements, 102–3, 121, 133, 250
hindmilk/foremilk, 64–65
Honeysuckle, 163
hormones, 56–59, 68, 75–76, 131
horns. *see* flanges
Hospital for Sick Children, 102
hospital-grade pumps, 142, 147–49
Housepoet's Famous Lactation Boosting Oatmeal, Chocolate Chip, and Flaxseed Cookies, 129
Human Milk 4 Human Babies, 130, 134
Human Milk Banking Association of North America (HMBANA), 130, 134, 157
husbands. *see* spouses
hydration, 64, 101, 120
Hygeia, 139, 141, 143, 144, 146–47, 148, 152, 163
HygieniKit, 143
hypoglycemia, 121
hypoplasia, 58, 123, 221
hypothyroidism, 123

I

IBCLC. *see* lactation consultants
IBFAN (International Baby Food Action Network), 140
ibuprofen, 222, 228, 250
ice cube trays, 164
illness, 27–28, 156–57
imbalance, 112
immunity
 baby's saliva and, 74–75
 colostrum and, 55
 components in breast milk, 67–68, 71
 compromised, 181, 194
infections, 71
initiating supply, 90–94, 188–190
insurance, 139
intake, baby's milk, 173–74
International Baby Food Action Network (IBFAN), 140
International Code of Marketing of Breast Milk Substitutes, 140–41
intravenous fluids, 220

iron, 67, 76
Isis, 145, 147

J

jasmine, 250
jaundice, 55, 70
judgment, 44
juvenile rheumatoid arthritis, 71

K

kangaroo mother care (KMC), 193. *see also* skin-to-skin contact

L

labelling milk, 165–66, 168, 169, 195
labour interventions, 91, 220
lack of storage, 133
lactation
 biological expectations and, 69
 impact on mothers, 75–76
 initiating with a pump, 90–94
 processes controlling, 58–61
 prolactin receptor theory and, 61–62
 stages of, 54
 see also milk supply
lactational amenorrhea, 76
lactation consultants, 23, 27, 40
Lactina, 148
lactoferrin, 67, 179
lactogenesis I, 54
lactogenesis II, 54, 58, 91, 220–21
lactogenesis III, 59
lactogenic foods, 120–21, 128–29
lanolin, 82–83, 152, 228
Lansinoh, 146–47, 163
latch problems, 25–27
Leading Lady, 153
leaking, storage bags, 163
lecithin, 226
lemon balm, 250
length, of sessions, 94–96
let-down. *see* milk ejection reflex (MER)
leukocytes, 161–62
Limerick, 139, 141, 144, 146–47, 148
lipase, 166, 177–78
loss, 32–36, 49
low supply, 111, 116, 117–124. *see also* milk supply
lubrication, 82–83, 152, 163, 224, 225
lymphatic system, 74–75
lymphoma, 71
lysozyme, 180

M

M1/M9, 147
Made By Moms Pumping Band, 153
magnesium, 122–23
manual breast pumps, 145–46
marshmallow, 121
massage, 81, 127, 142, 192, 222, 225
massagers, 226
mastitis, 225, 227–28, 248
mature milk, 55–56
meconium, 55, 70, 173
Medela, 139, 144, 145, 146–47, 148, 152, 162
medical expenses, 139
Medication and Mother's Milk, 102, 119
medications, 102–3, 119–120, 124–26
membranes, 155
menstruation, 76, 122, 251
metoclopramide, 124–26
microwaves, 172, 181
milk banks, 130, 133
milk ejection reflex (MER)
 cycling/suction and, 89–90
 Dysphoric MER, 88–89
 eliciting, 82, 84–85
 individuality of, 98–99
 overview of, 86–88
 oxytocin and, 57
 pain and, 122
milk intake, 93, 174
Milk Memos, 240
milk production. *see* lactation
milk storage. *see* storage
milk supply
 diet and, 120
 hands-on pumping techniques and, 192–93
 increasing, 96, 126–27
 initiating with a pump, 90–94, 188–190
 low, 111, 116, 117–124
 maintaining, 59, 99–102
 menstruation and, 122
 oversupply, 130–33
 stress and, 121–22
 see also lactation
minerals, 66–67
Morton, Jane, 95, 191
motherhood, transitioning into, 111
mothering, bonding and, 204–7
Motherisk, 102
mothers, impact of lactation on, 75–76
Mother's Milk Tea, 121

mourning. *see* grief
Mucosa-associated Lymphatic Tissue (MALT), 74

N

nasogastric tube, 27
necrotizing enterocolitis, 71, 194
neonatal intensive care unit. *see* NICU
NG tube, 27
NICU, 186–88, 195. *see also* premature babies
nipple confusion, 26
nipples, bottle, 164, 165, 173
nipples, sore, 221–230
non-immune properties, 67–68
nutrition, 64, 101, 120, 215, 223

O

oatmeal, 120, 128–29
obesity, 71–72, 220
Odent, Michel, 87
olive oil, 82–83, 152, 228
open systems, 142–43, 146
options, 39–41
oral development, 73
oregano, 133, 250
orthodontic bottle nipples, 164
osteoporosis, 76
ovarian cancer, 76
oversupply, 130–33
ovulation, delay of, 76
oxytocin
 benefits to pumping moms, 75–76
 bonding and, 204–7
 dopamine and, 88
 milk ejection reflex and, 84–85, 86
 overview of, 57–58
 pain/stress and, 122

P

paced bottle feeding, 175–76
pacifiers, 92
pain, 122
partners. *see* spouses
passive immunity, 67
pasteurization, 166
PCOS (polycystic ovarian syndrome), 123, 220
peppermint, 133, 250
persistence, 96, 232–33
PersonalFit Breastshields, 152
personal pumps, 142, 146–47
Peyer's Patches, 74
pharmacists, 119

pituitary gland, 56, 57
PJ's Bliss, 147
PJ's Comfort, 144, 148
placenta, 54, 123
plastic bottles, 161–62
Platinum, 148
Playtex, 144
plugged ducts, 225–26, 248
pneumonia, 71
polycarbonate, 161
polycystic ovarian syndrome (PCOS), 123, 220
polyethylene, 162
polypropylene, 162
post-partum depression, 22, 77, 187, 216
post-partum hemorrhage, 123
post-traumatic stress disorder, 187
posture, 83
power outages, 182
power pumping, 126–27
pregnancy, 123
premature babies, 24–25, 66, 156–57, 181–82, 189–190,
 220. *see also* NICU
probiotics, 223, 227
progesterone, 54, 56
prolactin, 56–57, 63, 88, 104, 124, 189
prolactin receptors, 60–62
proteins, 66, 167
pseudoephedrine, 132, 250
"pump and dump," 238–39
PumpEase, 153
pumping bras, 85–86, 153–54
pumping sessions, dropping, 100, 103–7, 113, 114,
 132–33
Pumpin' Pals, 152–53
Pump in Style Advanced, 147, 233
pump kits, cleaning, 154–57
pumps. *see* breast pumps
Purely Yours, 147, 233

R

records, keeping, 102–3, 131, 165–66
reflux, 165
refrigerated milk, 166–67, 171, 176–77
refrigerator storage, 166–67, 170
refrigerator "trick," 156
Reglan, 124–26
relationships
 with baby, 204–7
 with friends/family, 209–12
 with other children, 207–9

with spouse, 212–14
relaxation, 84
Restaino, Jessica, 49–50
retained placenta, 123
Reynauld's syndrome, 229
Rhodiola, 89
room temperature storage, 166, 169
rotating milk stash, 165–66

S

S1/S2, 148
safe handling of formula, 180
sage, 133, 250
saliva, 74–75
scalding, 178
schedules, 90–94, 189–190. *see also* dropping pumping sessions
self-care, 34, 114, 186–88, 214–17
self-reflection, 49–50
selling breast milk, 135
separation, as reason for exclusively pumping, 28
Sheehan's Syndrome, 58
sibling rivalry, 207
SIDS (sudden infant death syndrome), 72
silicone bottle nipples, 164
silicone inserts, 152, 228
Simple Wishes, 153
Simplisse, 144, 163
single-user pumps, 142–43, 146–47
skin-to-skin contact, 72–73, 81–82, 193, 199, 205–6
sleep, 119, 216, 230–31
slow flow bottle nipples, 164–65, 173
small electric pumps, 146
Smillie, Christina, 199–201
smoking, 123, 220
SNS (Supplemental Nursing System), 26
soapy smell, 177–78
society, expectations of, 21
Softfit, 152
sore nipples, 221–230
spearmint, 250
Spectra, 139, 143, 144, 146–47, 148
spouses, 112, 212–14, 231
Stanford School of Medicine, 80, 191
sterilization, 157, 160, 162, 194
stooling patterns, 173–74
storage, 133, 165–67, 194–95, 240
storage bags, 162–63, 168
storage capacity, 62–64, 96, 99, 105, 131
storage containers, 161–64, 165–66

storage guidelines, 169–170
storing breast milk, 167–69
stress
breastfeeding and, 34
illness and, 28
new mothers and, 20, 22
NICU and, 186–88
reduction of, 100–101, 121–22
sucking, baby's need to, 92, 173, 174
suction, 85, 89–90, 128, 138, 143, 190
sudden infant death syndrome (SIDS), 72
Supplemental Nursing System (SNS), 26
supplementation, 92, 111, 179–182, 220
supply. *see* milk supply
support
accepting, 230–31
emotional, 49
finding/establishing, 22–24, 34–36, 113
from friends/family, 209–14
importance of, 236
NICU and, 187–88
from other moms, 216
support groups, 187
surrogacy, as reason for exclusively pumping, 28–29
Symphony, 148

T

Tardive Dyskinesia, 125
taxes, 139
thawing, 163, 167
theca lutein cyst, 123
thrush, 157, 223–24
tongue tie, 25
tooth decay, 73–74
transitional milk, 55
transporting breast milk, 183
transporting milk, 183, 195
traumatic childbirth experiences, 187, 216
Trujillo, Noel, 129
tubing, 155

U

ulcerative colitis, 71
ultrasound, 226
Unbuttoned, 50
United States of America, milk banks in, 134
uterine cancer, 76

V

valves, 155
vitamins, 66–67

W

- warming formula, 181
- warming milk, 172–73, 183
- water, 64, 101, 120, 181–82
- weaning
 - from breast milk, 245–46
 - decisions about, 110, 236–38, 242–45
 - discomfort and, 250
 - effects of, 251
 - emotions surrounding, 243–44
 - process of, 246–49
- weight gain, 25–26, 174
- weight loss, mother's, 76
- Wellbutrin, 89
- wide mouth bottle nipples, 164
- wide mouth bottles, 160
- Wiessinger, Diane, 44
- Woolridge, Michael, 144
- working, 239–240
- Working Without Weaning*, 240
- World Health Assembly, 140
- World Health Organization (WHO)
 - feeding recommendations, 19, 21, 40–41
 - formula marketing and, 140–41
 - formula use, 180–81
 - growth charts, 174
- worst-case scenarios, 113

Y

- yeast infections, 157, 223–24
-