

# STUDY GUIDE

## Pumping for Baby

### Chapter 1

## The Real Deal on Breastmilk

Ashley speaks about her experience **providing breastmilk** for her daughter, Lily. There are many reasons for a mother to provide breastmilk to her baby, even when there is little to no contact with baby during a period of separation. Receiving or providing breastmilk can lower both mom and baby's risk of several illnesses.

Breastmilk adapts to a baby's needs, changing as the baby ages, and providing a variety of different flavors through the breastmilk. **Formula** can be much harder for the baby to digest due to the static makeup of formula (the "formula" for formula does not vary). Even when the situation is not ideal, providing breastmilk can help both the mother and baby get the best start in their lives together.

Breastfed **stools** will often look very different from formula stools and may vary greatly from day to day, or even from stool to stool. Just like the variety in stools is normal, it is also normal for babies to cry. Babies **cry** for many reasons; if they are hungry, wet, tired, or need more or less stimulation.

If you are concerned about your baby's stool or crying, talk to your baby's pediatrician.

### Chapter 2

## Is the Milk Safe?

For Sheila, the drug dependent woman in the film, her goal of providing breastmilk to her son was destroyed by a relapse.

In her story, because she tested positive for **drugs** at her son's birth, she was unable to breastfeed or provide pumped milk for her son. Sheila was, however, able to regain **sobriety**. After 90 days, with the recommendation from her drug counselor and approval by her caseworker, she was able to provide milk for her child.

Sheila's concerns about taking **psychiatric medication** while breastfeeding were put to rest after talking to her health care provider and finding out that her medication was OK to take while breastfeeding. She also felt confident providing her milk to her son even though she has **hepatitis C** because her nipples are healthy and show no signs of cracking or bleeding.

In her story, when Sheila **relapses**, she is then unable to continue to provide breastmilk for her son. This would continue to be true even if she were able to regain sobriety at a later date.

## Chapter 3

### Using the Breast Pump

In this chapter, Emma visits a local WIC office to learn about the community resources available to her as a new mother. She learns there are a variety of **breast pumps** currently available for pumping mothers. There are double electric, both for personal use and multi-person use, as well as the hand pump variety. Emma learns what may be available at her local WIC office.

She also learns that one of the most important facts about pumping is that using a breast pump should be **comfortable**. Emma also discovers that she can **adjust the suction** of her breast pump and that she should contact a WIC Counselor or health care professional if she feels any pain or discomfort.

## Chapter 4

### Proper Storage and Handling of Breastmilk

In this chapter, the importance of safe handling of breastmilk is shown through demonstrations.

An essential part of working with breastmilk is proper hand **washing** before handling breastmilk and keeping areas clean when breastmilk is present. The containers should be **cleaned** and rinsed thoroughly with soap and water or run through the dishwasher (on the top rack).

The demonstrators illustrate the following:

- breastmilk can be **stored** in clean glass or BPA-free plastic bottles with tight fitting lids
- special breastmilk storage bags, which can be used to freeze breastmilk, are also suitable for transport and storage of breastmilk
- the use of disposable bottle liners or other plastic bags to store breastmilk is not recommended

Breastmilk can be stored for:

- **24 hours** in a cooler
- **five days** in the refrigerator
- up to **one year** in a deep freezer

## Chapter 5

# Using Breastmilk

In the final chapter of the film, Susan and Ashley's journey together comes to a close as Ashley regains custody of Lily.

Susan shares with Mary her experiences providing breastmilk to Lily. This includes learning that **mixing breastmilk and formula in the same bottle** could lead to wasting breastmilk. Susan goes on to share her feelings about giving a child in the foster care system breastmilk.

Despite her struggles, Ashley discusses with Emma how important it was for her to provide breastmilk for Lily.

Demonstrations illustrate the following:

- it is normal for the fat in breastmilk to **separate** in the freezer
- how to **defrost** frozen milk in the refrigerator for up to one day
- the importance of never warming or defrosting milk in the **microwave**, as it could create "scald spots" that might burn the baby
- running a cold bottle of breastmilk under warm water is a safe way to warm a bottle