

*This guide was prepared through collaboration
with the community by the*
**Monterey County Health Department
Women, Infants, and Children (WIC)
Nutrition Program**

Original version developed by
Monterey County Coalition
Healthy Mothers, Healthy Babies™

The resources listed in this guide are for your information
in making your health care decisions. Every effort has
been made to offer complete and current listings.
(Revised 2/24)



International
Breastfeeding
Symbol



For more breastfeeding resources, check out 831breastfeeds.com

Monterey County Guide to Breastfeeding Support Services



What you should know before you have your baby

Who to turn to for help

Getting ready to go back to work

February 2024



In Monterey County, 95% of mothers breastfeed their babies in the hospital. Many turn to formula when they do not have the support or information they need to succeed. Learn about the resources available to help families meet their breastfeeding goals.

Storing Breast Milk

- Put breast milk in clean bottles or breast milk storage bags.
- Store 2 - 3 ounces in each container. Small amounts freeze and thaw faster. As your baby gets older they will drink more so you can put more breast milk in each container.
- Leave a little space in each container. The breast milk will take up more space as it freezes.
- Write the date you pump your milk on each container. Use the breast milk with the oldest date first.
- After pumping, keep breast milk in a cooler or insulated lunch bag with ice, in the refrigerator, or in the freezer.
- Stored breast milk looks different than fresh milk. Shake it **gently** before feeding it to your baby.



How long can you store your breastmilk?

Information in this section is for healthy, full-term babies. If your baby was born early, talk to a breastfeeding counselor.

	Room Temperature	Cooler with 3 ice packs	Refrigerator	Refrigerator Freezer (with separate door)
Fresh breast milk	4 hours	24 hours	4 days	6 months
Thawed (defrosted breastmilk)	Use within 2 hours after thawing	Do not store	Use up to 24 hours after thawing	Do not refreeze thawed milk

Find more breastfeeding resources at: <https://wicbreastfeeding.fns.usda.gov/> .

Storage and preparation information at: <https://bit.ly/2dxVYLU>

Pumping and Storing Breast Milk for Your Baby

Pumping Tips

- Make sure someone shows you how to use your pump before you start to use it.
- Gently massage your breasts to start the breast milk flowing. It might help to look at your baby's picture or think of your baby while pumping.
- Your breasts may have the most breast milk in the mornings making it easier to pump.
- You will make more breast milk if you breastfeed or pump your breasts often.
- While you are away from your baby, pump each breast every 2 to 3 hours for about 15 minutes.
- Be patient. You will figure out the best times to pump your breast milk.
- It is normal for breast milk to look thin and watery at times or to look creamy. The color may change from day to day depending on what you eat.



Information on working and breastfeeding is adapted from the educational materials developed by WIC, California Department of Public Health.

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Breastfeeding is Right for Baby AND Parents!

Breastfeeding While Working/Going to School *continued*

Did you know?

- **Breast milk** is recommended for your baby for the first year and beyond.
- **Breast milk** has over **200 ingredients** to help babies grow strong and healthy.
- **Breast milk** helps protect your baby from illness and infections.

Formula-fed babies have a greater risk of:

- Ear and respiratory infections
- Diarrhea/constipation
- SIDS (Sudden Infant Death Syndrome)
- Obesity
- Diabetes, types 1 and 2
- Asthma and allergies
- Leukemia

- **Breastfeeding** helps moms lose weight, and reduces the risk of breast and ovarian cancer and type 2 diabetes.
- **Breast milk** is virtually free!
- More breastfeeding usually means more health benefits for mom and baby.

In most cases, it is okay for moms to breastfeed even if they are taking medicine. Talk to your doctor, or call 1-866-626-6847 or visit www.MotherToBaby.org to talk to an expert.

¹American Academy of Pediatrics (2012). Breastfeeding and the use of human milk. <http://pediatrics.aappublications.org/content/pediatrics/early/2012/02/22/peds.2011-3552.full.pdf>

When Returning to Work or School

- Your workplace must give you break time to pump in a private area other than the toilet stall.* If your workplace does not already have a special place, look for another place where you would feel more comfortable pumping. A double pump kit will help you pump more breast milk.
- Store your pumped breast milk in a cool place. (*See Storing Breast Milk*, p. 23)
- Ask a family member or caregiver to bring your baby to work or school to be breastfed.
- Reduce your work schedule or work part-time. Working or going to school for fewer hours may help you and your baby get used to being away from each other.

***IT'S THE LAW!** Lactation accommodation laws requires employers to provide a reasonable amount of break time and make a reasonable effort to provide a private space, other than a toilet stall, close to the employee's work area to accommodate an employee desiring to express breast milk for her baby. For more information, talk to your Human Resources staff or call the local WIC office. You can also log onto the web for more information on the law:

<https://californiabreastfeeding.org/breastfeedingrights/california-breastfeeding-laws/>

If it is impossible to pump at work, your baby might still be able to keep on breastfeeding. If you breastfeed a lot when you are at home with your baby and only use formula when you are at work or school, you still should be able to produce some breast milk to give your baby. Although your milk supply will decrease if you can't pump, some breastfeeding is better than none.

More on Breastfeeding While Working or Going to School

- Breastfeed before you leave your baby and as soon as you can at the end of your work day.
- Between feedings, pump or hand express* your breastmilk into a clean bottle or container for feeding to your baby later.

Getting You and Your Baby Ready

- At least 2 weeks before returning to school or work, start to build your frozen breast milk supply by pumping breast milk between feedings. While you are away, a caregiver can feed the stored breast milk to your baby. (See p. 23 for how to store breast milk.)
- When your baby is about 4 weeks old, ask a caregiver to feed your baby a bottle of your pumped breast milk. This helps your baby get used to being fed by someone other than yourself.
- Your baby may not want a bottle from you. Be patient. After a few tries, if your baby still will not drink from a bottle, try another kind of nipple or bottle.
- A week before you go back to work or school, leave your baby with a caregiver for a few hours. Give them a bottle with 2-3 ounces of your pumped breast milk (more breast milk may be needed if your baby is more than 2 months old). Let the caregiver know how to tell when your baby is full and to throw away any leftover milk in the bottle. If your baby is older than 5-6 months when you return to work, offer breast milk in a cup.

*To view a video on hand expression, go to :

<http://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>



Things To Do While You Are Pregnant

While you are pregnant there are many resources available. Remember, it is your choice to breastfeed. Even if you have other children you did not breastfeed, you can decide to breastfeed this baby and get the help and support you need.

- To help you with breastfeeding, use the resources and information listed in this guide.
- Ask your doctor about CPSP (Comprehensive Perinatal Service Program) or call **647-7801**. You can get health education and support during your entire pregnancy and up to 90 days after you deliver.
- Make sure to go to **ALL** of your prenatal appointments.
- Enroll in the WIC (Women, Infants, Children) Nutrition Program early in your pregnancy. You will get extra food, breastfeeding information, nutrition education and more. Call **796-2888** to find out if you qualify.
- Ask family members, friends, and health providers for their support to help you learn to breastfeed and continue as long as you both wish.
- Make a breastfeeding plan (p. 7).
- Let all your health care providers, including the hospital staff, know that you want to breastfeed.
- Call the resources in this guide for help.



Why Employers Support Breastfeeding...

First and foremost, it's the law! (see pg. 21) In addition, employers who provide a supportive environment to help women continue breastfeeding after childbirth enjoy many proven benefits that directly affect their bottom line. These include:

- Lower healthcare costs
- Lower turnover rates
- Lower absenteeism rates
- Higher employee productivity and morale
- Positive relations in the community and with employees as a flexible and family friendly employer

Employers in your community, like the County of Monterey, may have policies that promote work/life balance, flexibility, and lactation accommodation. When you return to work, speak with your supervisor or a human resources associate to learn about policies that may be in place to support your decision to return to work, while still breastfeeding.



My nipples or breasts are sore.

Breastfeeding should not hurt. Usually correcting the way baby is held while feeding can help sore nipples. A breastfeeding counselor can show you different ways to hold your baby while feeding. Tender breasts are often common a few days after your baby is born. If it is painful or baby cannot latch onto your breasts because of fullness, call a breastfeeding counselor for help. *Using a bottle will only make the problem worse!*

I feel breastfeeding might tie me down.

Once your baby is about a month old you can pump your breastmilk. If needed, mothers can pump breast milk for times when they are unable to breastfeed. Although you will want to breastfeed your baby as much as possible, when it is not possible, it is okay for your baby to receive bottled breast milk provided by a caregiver in your absence.

I'm going back to work or school.



IT'S THE LAW! California and federal lactation accommodation laws require work sites and schools to provide a place and break time to pump your breast milk. Pumping at work or school helps maintain your milk supply so you and your baby can continue receiving the benefits of breastfeeding. Pumped milk can be saved to give your baby while you are away. Ask your supervisor at work or advisor at school where you can have a private place to pump. A breastfeeding counselor

(p. 11-12) can give you tips on how to pump at work or school.

Most insurance providers are now required to provide a breast pump. See p. 13-14 on how to get a breast pump through your insurance company.

Make a Breastfeeding Plan

Below are some questions to ask yourself to prepare for breastfeeding your baby. Breastfeeding is easier when you have a little help and support.

During pregnancy

Who are your support people?

Example: partner, husband, mother, sister, aunt, friend

Where will you learn about breastfeeding during pregnancy?

Example: WIC, CPSP, childbirth class, nurse educator, midwife, doctor, other breastfeeding moms or family members.

Before delivery

Things to request of your doctor, midwife, nurses, and other people helping with your birth:

- I want to put my baby to breast right after birth.
- If I have a C-section, I want to put my baby to breast as soon as possible.
- I want my baby to be in my hospital room.
- I want my baby to have only breast milk.
- I want to breastfeed when my baby is hungry.
- If we have to be separated, I want someone to bring my baby to me for breastfeeding.
- If my baby isn't able to nurse for some medical reason, I want to have the use of an electric pump and be shown how to pump breast milk until the baby is ready to nurse.
- I don't want my baby to have a pacifier or bottles.

At home with your baby

How will you get breastfeeding help once you are home?

Example: WIC, nurse home visit; mother-to-mother helpline; support group, doulas, lactation consultants, doctor, etc.

Insurance Benefits for Breastfeeding Services

Central California Alliance for Health

All of these services are free and available in both English and Spanish to Alliance members. If you need help getting any of these services or would like information, please call:

(800) 700-3874 x5580 or visit www.ccah-alliance.org/education.html.



Lactation Consultant Visits. If you are having pain or trouble with breastfeeding, talk to your health care provider or CCAH to get up to two visits with a lactation consultant (IBCLC) (p. 12).



Breast Pumps and Supplies. Breastfeeding supplies and pumps are paid for if you have a medical need or are returning to work or school. For certain medical conditions, Alliance will cover rental of hospital grade pumps. Your health care provider or IBCLC can prescribe these (p. 13-14).

Alliance Health Education Line. Members may call and request bilingual health brochures, referrals, and extra help accessing services; please call: **(800) 700-3874 x5580**.

Other Health Insurance Coverage

Call your health insurance company for information on your plan related to coverage for breastfeeding support. Private plans may vary in the amount of coverage they provide. Through the Affordable Care Act, almost every health plan is required to provide lactation counseling and a breast pump.

We make every effort to include current information in this guide. If you find an error, please contact us at 831-796-2888.

Common Breastfeeding Concerns

I am thinking about breastfeeding and using formula.

We all want the best for our babies. Most babies grow best on breast milk alone. Sometimes a misunderstanding or problem can make moms think about using formula. A breastfeeding counselor can help overcome any problems you might have and offer information and resources you need to continue breastfeeding your baby.

Some moms think that using both breast milk and formula is good for the baby. However, using any formula reduces the great benefits your baby gets from breast milk only; see p. 5. Breast milk provides the perfect nutrition and passes on the protection the mother's body has developed against certain illnesses. Simply put: more breast milk equals more benefits for your baby.

I feel my baby does not want or like my breast milk.

Breastfeeding may come naturally to mothers and babies but sometimes mothers need a little guidance on breastfeeding skills. Babies who are not attaching (latching on) to the breast well may look like they don't want or like breast milk. Also, if you have used bottles, your baby may be confused between sucking on a bottle and on your breast because they don't work the same. A breastfeeding counselor can help show you know how to feed your baby (p. 11-12.)

I'm worried I don't have enough milk or my baby is not getting full.

A mother's body was designed to make as much milk as her baby needs. Read pages 15-16 to know if your baby is getting enough breast milk. Not feeding long or often enough or replacing breastfeeding with bottle feeding can lower your milk supply. A breastfeeding counselor can help you insure you have lots of milk for your baby (p. 11-12.)

Continued on the next page

Your baby should be doing these things:

After 1 week:

- Nursing at least every 2 to 3 hours; about 8 to 12 times in 24 hours (*Wake baby if need be.*)
- Nursing about 30-40 minutes (at least) at each feeding.
- Swallowing quickly during a feeding and happy after feeding.
- Have 6 to 8 or more pale colored, wet diapers in 24 hours
- Have 4 to 12 stools in 24 hours.
- Be alert with bright eyes a few times a day.

After 2 weeks:

- Baby's weight should be at or above birth weight.
- Baby will continue to gain about 4 to 7 oz. each week.
- Continue to feed as often as baby needs, at least 8 to 12 times per day.
- Your baby may go through a "growth spurt." This is when baby is growing fast and might want to nurse more often than every 2 to 3 hours. Feed frequently. After a day or two the baby will return to feeding every 2 to 3 hours.

Call your baby's doctor for help and referral to a lactation consultant if:

- Your baby sucks only for a short time or very softly.
- Your baby's skin looks yellow and is getting more yellow.
- You have strong pain in your nipples.
- Your baby fusses when put to breast.
- Your baby's urine is dark or looks like sand.
- Your baby has fewer than 6 wet diapers a day (after the first week).
- Your baby has few or no stools.
- Your baby seems weak, tired or not interested in feeding.

Where to Learn about Breastfeeding

Breastfeeding is a natural part of life that parents and babies can learn together. Learn as much as you can before and after you deliver your baby.

Breastfeeding/Childbirth Classes:

Birth Network of Monterey County

www.birthnetworkofmonterey.com

Private providers of classes

Community Hospital of the Monterey Peninsula

(CHOMP) Educational Program

625-4773

23625 W R Holman Hwy., Monterey, CA

www.montagehealth.org/care-treatment/pregnancy-birth

Salinas Valley Health

759-1890

450 East Romie Lane

Salinas, CA 93901

www.salinasvalleyhealth.com/Events-Classes/

Maternity Center tours; Childbirth and breastfeeding classes (English)



Women, Infants and Children (WIC) Nutrition Program

Salinas

632 East Alisal St.
796-2888

Soledad

355 Gabilan St.
755-4700

Please call the Salinas office for other locations.

WIC is a federally-funded nutrition education and supplemental food program. Eligibility is based on income and residency in California. Monterey County WIC provides free breastfeeding classes and peer counselor and IBCLC support, nutrition education, electronic benefits for nutritious food, and an electric breast pump loan program for WIC participants. Services are available in English/Spanish.

Call for program eligibility info or go to:
<https://www.myfamily.wic.ca.gov/>



How to Tell if Your Baby is Getting Enough Milk

Your milk supply should produce enough for your baby. Some moms are worried about their baby not getting enough milk. Every mom and baby pair is different. There are some common ways to tell if your baby is getting enough breast milk.

In the first few days, your baby is getting a special milk called *colostrum*, (yellow to orange in color, thick and sticky, and comes before the mother's white breastmilk.) Even though it might not seem like very much milk, it is high in nutrients. It is the perfect milk for baby's tummy and for him or her to grow.

Signs that your baby is getting enough milk:

First 2 days:

- Baby is alert for awhile at least 2 times a day; this means she or he is bright eyed, looking around, or at your face.
- Baby wants to nurse about every 1 ½ to 2 hours.
- Baby is content (sleeps soundly) after most feedings. (*Wake baby if not waking at least every 2 hours on his or her own.*)
- Baby's urine is light yellow (color of lemonade) and baby has at least 1 wet diaper on first day of life, 2 on second day, 3 on third day.
- Baby will have at least 2 stools per day.
- Baby's stool starts to change from dark to a greenish-yellow color between 2 to 3 days after birth.

After 3 to 5 days:

- Your milk will start to change to a white color.
- You should hear your baby swallow.
- Your baby should breastfeed at least every 2 to 3 hours. (*Wake baby if need be.*)
- Your breasts feel full before a feeding and softer afterwards.
- You may have a "let down" feeling in your breasts.
- Your milk may drip from the other breast while nursing.
- Your baby will have at least 3 to 4 stools per day (probably more) that will be the color (bright yellow) and consistency of mustard.
- Your baby may lose a few ounces the first week.

Continued on next page

Breast Pump Vendors for Monterey County Employees

In almost all cases, breastfeeding Monterey County employees are entitled to a double electric breast pump through Anthem Blue Cross. Pump vendors are subject to change, but the following were included at the last revision.

Advanced Home Medical 800-230-4761
Direct line to representative, Ron Real 909-569-9013
www.advancedhomemed.com

BreastPumps.com 888-495-7491
BreastPumps.com

Byram Healthcare Centers 877-773-1972
www.byramhealthcare.com

Edgepark Medical Supplies 855-504-2099
www.edgeparkbreastpumps.com

Monterey County employees with other insurance should call their insurers to find out who their breast pump vendors are.



Breastfeeding Resources

Community Hospital of the Monterey Peninsula 625-4987
Telephone support 7 days/week (Spanish interpreter available)
www.montagehealth.org/care-treatment/pregnancy-birth

La Leche League of the Monterey Peninsula 373-0555
Local referral line provides 24 hour breastfeeding counseling by phone (English & Spanish).

Monthly support group for pregnant women and new mothers.
3rd Sunday of the month, 1 p.m. Zoom
www.llli.org

Mothers' Milk Bank (877) 375-6645
If you want to donate your extra breast milk to medically vulnerable infants, are a parent in need of mothers' milk for your child, or are grieving the loss of a child, they are here to help you. www.mothersmilk.org

MotherToBaby.org (866) 626-6847
Provides information about medication use while pregnant and breastfeeding

Natividad Medical Center 796-1652
Telephone support 7 days/week (English & Spanish)
Outpatient lactation clinic 7 days/week

Salinas Valley Health 759-3060
Telephone support M-F 8:00 a.m. to 4:00 p.m.
Outpatient lactation clinic Monday – Friday
(Spanish interpreter available)
www.salinasvalleyhealth.com/Events-Classes/

WIC Nutrition Program
Salinas 796-2888*
Soledad 755-4700
**Telephone support M-Th 8:30 am-5:30 pm, F until 4 pm (English & Spanish)*

Lactation (Breastfeeding) Consultants

Lactation consultants can help with breastfeeding problems. There are different types of credentials for lactation counselors/consultants. Some have many years of experience, some have specialized schooling or took a special test, and some have both.

International Board Certified Lactation Consultants (IBCLC) can help with more complex problems. They see patients in their offices or can make home visits. IBCLCs can write a prescription for CCAH members to obtain a breast pump.

Organizations with IBCLCs

Community Hospital Family Birth Center	625-4987
Natividad Medical Center	796-1652
Salinas Valley Health	759-3060
WIC – Seaside/Salinas	796-2875 235-0246
WIC – Soledad	755-4700

Private IBCLC Providers

Shawna Helmuth, RN, IBCLC (Coastal Lactation Services)	214-0754
Camilla Miller, IBCLC (Monterey Bay Lactation)	275-0508
Merilee Rockefeller-Kolpaczyk, RN, IBCLC (Merilee Breastfeeding)	277-1139



Breast Pumps



Breast pumps can be manual, electric, or battery-powered. Pumps are sometimes used when babies are born too early or are not able to breastfeed right away. Using a pump helps the mother keep making milk when she and the baby are separated.

Pumps are also used when moms go back to work, school, or need to be away from the baby during a feeding. Breast milk can be pumped and stored carefully in bottles or bags so the baby can be fed while mom is away. For more information on breastfeeding and going back to work or school see p. 20-21.

Local Breast Pump Vendors for CCAH Members

These local businesses can help CCAH members get a pump. CCAH usually only provides a personal pump once every 3 years so investigate your options. (Note: there are other vendors with different products not listed; call CCAH for more options).

Star Pharmacy (Salinas) <i>Electric pump sales</i>	621-5558
Watsonville Pharmacy (Watsonville) <i>Electric pump sales</i>	728-1818

Many other vendors sell or rent pumps. If you have insurance other than CCAH, **please call them first** to get a list of their approved vendors. **You may not get reimbursed if you buy a pump first.**

If you are a WIC participant, you can borrow a good quality pump from WIC until you are able to get your own through your insurance. Most personal pumps are not appropriate for mothers who do not have a fully established milk supply. WIC office information is on page 10.

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