

When a newborn and mother must be separated...

Mothers who are separated from their newborns for more than 8 hours will be:

- Assisted with and instructed about how to hand-express colostrum
- Assisted with and instructed about how to use the double electric pump every 3 hours (or 6-8 times per day, with no period >5 hours between 2 sessions)
- Encouraged and taught how to provide small volumes of fresh colostrum
- Given a pumping diary/log to record pumping history
- Encouraged to practice skin-to-skin care as soon as the baby is stable
- Encouraged to initiate nonnutritive suckling as soon as mother's and baby's conditions permit. Initiating oral feedings at the breast is preferred over bottle feeding
- Encouraged to initiate breastfeeding on demand as soon as mother's and baby's conditions permit
- Taught proper collection, storage, and labeling of human milk
- Instructed about how to hand-express and, if needed, to use effective techniques with pumps once milk "comes in"
- Provided anticipatory guidance, when appropriate, on management of engorgement
- Assisted with obtaining electric pump (hospital grade) for home use prior to discharge

Adapted from American Academy of Pediatrics Section on Breastfeeding. Sample hospital breastfeeding policy on newborns. Tools for Clinicians. http://www.aap.org/breastfeeding/curriculum/documents/pdf/Hospital%20Breast-feeding%20Policy_FINAL.pdf. Accessed May 11, 2011.