

Mothers and Babies

Helping New Moms Work Things Out

(NAPSA)—According to the U.S. Census Bureau, of the nearly four million women with infants under the age of one, 59 percent are in the labor force.

To make returning to work a little easier, many mothers say you need three things: a thoughtful caregiver, a supportive partner or friend, and a healthy dose of patience and commitment.

Mothers who plan on breastfeeding their babies after they go back to work say you need a fourth item: a good breast pump. Learning to use one, however, can take time. A good time to begin practicing is during baby's fourth week. For some, listening to soft music, holding baby's clothing or using visualization may help.

"Even with practice, many pumping mothers experience low milk supply and stop breastfeeding soon after returning to work. To maintain a plentiful milk supply and continue nursing, it is important to directly breastfeed when with baby, and to pump frequently with a high quality pump when away from baby," explained International Board Certified Lactation Consultant Kathleen Bruce, RN.

The pumps most often recommended by health care professionals include Medela's Symphony®, a hospital-grade pump which can be found at medical equipment rental stores, and Medela's Pump In Style® Advanced, a personal-use electric pump sold at retail stores. Each model incorporates groundbreaking technology for comfort and efficiency.

One problem working mothers



Going back to work may be a bit easier for many new parents with the right kind of help.

can encounter is known as nipple confusion. It sometimes occurs in babies who take bottles and also nurse. Some babies seem to prefer the bottle's flow and feel and turn fussy while nursing. If mothers remain confident and keep nursing, the problem usually diminishes. A good caregiver can help by minimizing bottle feedings. Infants one to six months old need only 19 to 30 ounces of milk a day.

Whatever the circumstances, new mothers—at work or at home, breast- or bottle-feeding—should try to help themselves best by staying patient, organized and dedicated. Family and friends can help by taking on household chores, giving mom more opportunity to be with baby.