

## Taking Your Breastfeeding Baby Home from the American Family Children's Hospital (AFCH)

It is exciting to take your baby home from AFCH. It is normal to be concerned about what to expect at home. A good support network and close follow up with your baby's doctor and other team members is important.

Your baby's home feeding plan will be in place before discharge. The goal is to have a plan that works for you and your baby. Some babies still need part of their nutrition with bottles of either pumped breastmilk or formula. This means mom needs to keep pumping her breasts. Pumping will help to have milk for when baby is breastfeeding more. It may be hard for you to find a good balance at home. This is normal.

You may find that your milk supply will decrease once at home. This can happen with the stress of bringing home baby. Having a good plan in place before discharge and sticking with it can help decrease stress.

### My Breastfeeding and Pumping Plan:

---

---

---

After being home for a couple of days you will create a routine with your baby. Once a routine is in place, your supply should return to normal. If you have concerns about pumping or breast feeding please ask for help using the resources listed below.

### Milk Storage Guidelines at Home

- Freshly pumped milk may be stored:
  - At room temperature for up to 4 hours.
  - Refrigerated for 4 days.
  - Frozen in a freezer attached to your refrigerator for 3 to 6 months.
  - Frozen in a standalone chest freezer for 6 to 12 months.
- Frozen milk must be used within 24 hours of thawing.
- Milk that has been warmed must be used within 1 hour.
- Do not store milk in the door of your refrigerator or freezer.

### Breastfeeding and Pumping Support at Home

AFCH lactation consultants **608-890-8227** or [lactationhelp@uwhealth.org](mailto:lactationhelp@uwhealth.org). Ask for local breastfeeding support near you.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©6/2019. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8059.