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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Breast Feeding For You–Or This**

**By J Schipper**

Some mothers have the opportunity to breastfeed their babies without ever needing to store their milk. Others feel that a breast pump is an essential newborn care item. Whether a new mother is returning to work or just leaving her baby in someone else's care, a breast pump gives the baby have the benefit of breast milk even the mother is absent.

The main choice is between electric versus manual pumps. Some women have one of each, the electric to use at home, the smaller manual version for travel.

Manual pumps are small and simple to use, and many mothers claim that manual pumps feel more natural and more closely mimic a baby's sucking. They like being able to control the strength of the suction manually. Hand pumps are generally cheaper, lighter, smaller, and quieter than electric pumps. And if a woman likes to pump on one side while the baby is nursing on the other, the infant will not be disturbed by the noise of an electric model.

On the downside, while some mothers easily learn the method of speedy manual pumping, others find manual pumps extremely slow. The speed of the pump depends greatly on how fast the user can squeeze the pump handle. Some women feel that hand pumps fail to completely empty their breasts, which can cause a subsequent lowered milk supply. Others have trouble expressing any milk at all with these machines. Repetitive use of manual pumps can lead to tired, sore hands.

Electric pumps are easy and efficient to use. Mothers who use breast pumps regularly, such as those returning to work, usually prefer the increase in production offered by the electric or battery–powered pump. Most electric models can be used to pump both breasts at once. However, some electric models are large, cumbersome and noisy. This varies from brand to brand; some models are surprisingly compact and quiet. It's a good idea to ask the salesperson to plug in the model so the noise level can be evaluated before buying.

Whatever model is finally chosen, purchase it while the baby is still less than a month old. Many babies who are used to breastfeeding will refuse to nurse from a bottle unless it is introduced early.

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Most hospitals give new mothers the option of renting a top–of–the–line breast pump. These expensive professional machines are usually efficient, with a rapid cycling time (sucking 48 to 60 times a minute). In caring for a premature infant or twins, or if the mother plans to be away a great deal, renting a heavy–duty hospital–grade pump may be a good choice. Remember that these models can be large and heavy, some weighing up to 18 pounds. Hospitals charge one to three dollars a day for these machines, which cost approximately \$1,500 to purchase.

If a baby is born with a disability which makes nursing difficult, health insurance may cover the cost of the breast pump.

When purchasing a breast pump, look for adjustability, efficiency and speed of use. Women vary in what level of suction they regard as comfortable, so a pump should allow the user to adjust the vacuum. Some manual machines have adjustable pump–handle positions.

It is worthwhile paying a higher price for a pump that sucks more times per minute (known as the cycling time) and has a double–pumping capability. A model which pumps both breasts simultaneously cuts pumping time by more than half. Pumping first one breast and then the other takes roughly 30 minutes, but pumping both at once takes only 12 minutes. Double pumping also boosts milk production by completely emptying both breasts.

Buy a pump that's easy to use, clean, and reassemble, since it will have to be cleaned hundreds of times during one infant's nursing period. If the machine is to be transported, buy a compact, light model with a sturdy carrying case, or else buy a case separately.

Breast pumps can be categorized into different price ranges. High–end electric pumps offer the best features of hospital–grade pumps, but are more affordable and portable. They are fully automatic, with quick cycling times, adjustable suction levels, and double–pumping capability. A few are even designed to mimic a baby's sucking patterns. They weigh less than 8 pounds, and often come with all the accessories a new mother might need, such as carrying cases, labels, storage bags, clips, bottles, and nipple ointment. Most can be operated on an adaptor plugged into a car cigarette lighter, and a few come with a built–in battery pack. These models range in price from \$200 to around \$320.

Mid–range electric pumps are a bit more difficult to use, but are lighter and more portable, as most weigh less than 2 lbs. They have medium cycling times, adjustable suction, and are usually double–pumping. Most mothers find these models perfectly adequate. A few of them also run on an adaptor plugged into a car lighter. Prices vary from around \$75 to \$180.

Inexpensive electric or battery pumps can be bought for as little as \$30 to \$80, but are not ideal for heavy, regular use. Most only pump one breast at a time, and slowly at that. They have long cycling times, some only about 12 times per minute. The batteries need frequent replacing, and the suction, often unadjustable, is ineffectively weak or painfully strong. These machines are more cheaply made, with motors and other parts more prone to breakage.

Nonelectric, manual pumps require the mother to pump a piston or squeeze a lever to create suction. They empty only one breast at a time and usually require two hands to operate, although a few are

designed for single–handed use. Mothers who need to use a breast pump frequently will find these models inadequate, but some women who use them only occasionally like the fact that they can control the suction themselves. These models are sold for \$35 to \$50.

For mothers having difficulty deciding which model to buy, a lactation consultant or midwife is a great source of information and help. She can give advice on breastfeeding problems, and teach the technique of hand–expressing milk, a useful emergency skill that allows a mother to continue collecting milk even in the event that her pump breaks down.

J Schipper is interested in breast feeding.

<http://www.breast-pump-now.info>

<http://www.breast-implant-2006.info>

<http://www.cerebral-palsy-now.info>

<http://www.diabetes-testing-2006.info>

### **Four Problems And Solutions On Feeding Your Newborn**

**By Amy Fadden**

Parents always want to give their babies the very best. When it comes to nutrition, there is nothing like breast milk. Although it's sound so easy to give breast milk to baby, for some women, there are always problems. Here are some problems that might happen and the best solutions you might want to try if you face such problems below:

1. Problem: A common problem that majority of the moms comes across while breastfeeding is difficulty in positioning the baby and getting the baby to "latch on" to the breast correctly.

Solution: This problem generally arises when mother's breasts are fully engorged with milk. Engorgement makes the breast hard and flattens the nipples so the baby has nothing to latch on. The methods that help reduce engorgement will soften the breast allowing the nipple to protrude. An easy way to solve to reduce engorgement is to nurse the baby as frequently as possible. You may also consider expressing the milk using electric or hand pumps. The expressed milk can be refrigerated and fed to the baby later on. Wearing nipple shields half an hour before feeding the baby may also make the nipples protrude. If this problem still persists, you may squeeze the end of breast lightly and offer the nipple to baby.

2. Problem: Another common problem is insufficient milk production by moms.

Solution: To increase milk production, you can apply a warm compress to your breasts before feedings. Doing so will make the let down reflex better. You may also massage your breasts during feedings. Another way to increase milk production is by feeding your baby frequently, at least every 2–3

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hours. Doing so would stimulate more milk production. You may also consider pumping your breasts for five minutes when you are not feeding your baby to stimulate milk production. Furthermore, drink plenty of fluids, eat a well–balanced diet, and take time to relax throughout the day and night. Lastly, avoid smoking as nicotine also decreases the milk supply.

### 3. Problem: Fussiness of babies while feeding.

Solution: This is the frequent problem faced by most of the mothers. Your baby may be crying because of many reasons, e.g., a burp ready to come up, you might have no more milk left in your breast or your baby may be full. Thus, stop the feeding and make your baby burp. Thereafter, offer the second breast to your baby if she appears to be hungry. If your baby is bottle–fed, follow the same process, i.e., interrupt feeding and make your baby burp at least twice or thrice while feeding.

4. Problem: Lactose Intolerance (inability to digest lactose) to baby. Some babies are unable to digest the sugar lactose, which is in cow's milk formulas. They are said to be lactose intolerant. Symptoms of lactose intolerance may include excessive gas, abdominal swelling and pain, and diarrhea. Solution: If you are breastfeeding, alternate it with lactose free formula as breast milk contains appreciable amount of lactose. Secondly, avoid taking dairy products, as they are likely to enhance lactose levels of breast milk you produce. Thirdly, try to finish one breast before offering the second to your baby. By doing so, your baby will get more of hind milk, which is richer in fat and help cure diarrhea seen in lactose intolerant babies. Finally, a potential solution to this problem may also be switching over to

soy–based infant formula, or other special lactose–free formula, several of which are commercially available.

Amy Fadden, author of "Newborn Guide, Nursing A Baby in Its First Month." She said, bringing a baby into the world should be one of the most exciting and rewarding times of your life. Visit her Website NewbornSecrets.com at

<http://www.newbornsecrets.com>



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