

Scripting for Staff on Use of Mother's Milk

I'd like to talk to you for a minute about one of the most important things you can do for your baby in the NICU, which is providing your own breast milk. Mother's milk is not only for nutrition, it is like a special medication for infants. Your breast milk is specifically designed for your baby, and it helps prevent your baby from getting infections and promote their growth and development, including after discharge from the hospital. Mothers of our NICU patients are highly encouraged to express colostrum and breast milk for as long as possible to provide for their baby. This is something that only you can do for your infant. We will provide support to pump early (within the first 2-6 hours following delivery) and frequently (8-10 times each day) throughout the NICU stay. If desired and when your baby is ready, the nurses and lactation consultants will give guidance and support to put your baby to breast for feedings. If your baby is not ready to orally feed yet, we will tube feed your baby your breast milk, and use donor milk with your consent until your own milk comes in. If you prefer bottle feeding your milk instead of breast feeding, our nurses will help to make it a safe and enjoyable experience for both you and your baby. I am going to provide you with a handout with more information on mother's milk. Is this something you are willing to do?