AUGUST IS NATIONAL BREASTFEEDING MONTH!

http://www.usbreastfeeding.org/nbm19

WORLD BREASTFEEDING WEEK

Michigan Medicine celebrates World Breastfeeding Week in August! This year, the World Alliance for Breastfeeding Action (WABA) is encouraging breastfeeding moms and their support people with the theme “Empower Parents, Enable Breastfeeding.” The WABA is hosting a social media outreach campaign all month long and invites you to participate in the various online activities and discussions!

To learn how you can support yourself and others during World Breastfeeding Week, visit: https://worldbreastfeedingweek.org/

WEB CHAT: BREASTFEEDING 101

To honor National Breastfeeding Month, Michigan Medicine hosted an “Ask the Experts” Online Web Chat titled Breastfeeding 101. Participants were able to submit questions to Michigan Medicine Lactation Consultants and view the live chat on the Michigan Medicine Facebook page. A big thank you to the Carrie Pawlowski and Megan Trenary for participating in this special event!

To view the Breastfeeding 101 Web Chat and learn about future Michigan Medicine Expert Online Web Chats here:

https://www.uofmhealth.org/onlinechats

EMPLOYEE APPRECIATION ICE CREAM SOCIAL

On August 15th, members of the Center for Breastfeeding Excellence Committee hosted a table at the annual Employee Appreciation Ice Cream Social. The table displayed breastfeeding information and resources.

LACTATION COOKIES!

Following with tradition, Michigan Medicine’s Center for Breastfeeding Excellence Committee provided lactation cookies to lactating patients during World Breastfeeding Week. The cookies are made with ingredients that promote breast milk production!

Stay up to date with Breastfeeding Month on social media

Follow to learn more:

#NBM19  #SupportChangesEverything  #WBW2019  #EmpowerParentsEnableBreastfeeding
Breastfeeding Facts: Home Milk Storage

At-home storage of breast milk is important in order to ensure nutrient quality and safe feeding for infants. The following guidelines allow for a quick reference when pumping, expressing, and storing milk at home!

**Helpful Tips**

- **Sign, sealed, delivered!** Label with the date and store milk in the back of the freezer!
- **Age matters!** Thaw oldest milk first! Remember the rule: FIRST IN, FIRST OUT.
- **Warm up!** Thaw milk in the refrigerator or in lukewarm water! Never microwave or heat breast milk on the stove.
- **Dinner is served!** After thawing, milk can be served cold, room temperature, or warm. To serve warm, heat milk in a bowl of warm water.
- **Shake it up!** Swirl the milk before feeding to homogenize fat that may have separated during storing.
- **Extreme clean!** Carefully cleaning, sanitizing and storing pump equipment, baby’s bottles, and other feeding items will help to protect breast milk from contamination.

Visit the Resource Pages:

**Breastfeeding Support:**

[www.mottchildren.org/breastfeeding](http://www.mottchildren.org/breastfeeding)

**Milk Room:**

[http://www.med.umich.edu/pfans/services/](http://www.med.umich.edu/pfans/services/)