

Breast Pump Education

WIC Clinic Contact: _____ Phone number: _____

Breast Pump Videos:

Ameda:

Videos- English:

<https://www.ameda.com/milk-101-category/videos-english/>

Hygeia Enjoye:

Video: How to Assemble Your Hygeia Enjoye Breast Pump (English):

https://www.youtube.com/watch?v=Rt4_VHofQQE&feature=emb_title

Video: How to Use Your Hygeia Enjoye Breast Pump (English):

<https://www.youtube.com/watch?v=QxZS3J1Yhi0>

Medela:

Video: How to Assemble Your Medela Lactina

<https://www.youtube.com/watch?v=0Pr7UX9kgaE&feature=youtu.be>

Human Milk Storage Guidelines:

Printable version: Centers for Disease Control and Prevention: Human Milk Storage Guidelines (English):

<https://www.cdc.gov/breastfeeding/pdf/HumanMilk-en-508.pdf>

How to Keep Your Breast Pump Kit Clean: The Essentials

Centers for Disease Control and Prevention- How to Keep Your Breast Pump Kit Clean (English/ Spanish):

<https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html>

Printable version: How to Keep Your Breast Pump Kit Clean (English):

<https://www.cdc.gov/healthywater/pdf/hygiene/breast-pump-fact-sheet-p.pdf>

How to Hand Express Breast Milk:

Video: Stanford Medicine, How to Hand Express Breast Milk:

<https://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>

How to Maximize Milk Production:

Video: Stanford Medicine, How to Maximize Milk Production with Hands-On Pumping:

<https://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html>

Additional Breastfeeding Resources:

Academy of Breastfeeding Medicine (ABM)- Statement on Coronavirus 2019 (COVID-19):

<https://www.bfmed.org/abm-statement-coronavirus?eType=EmailBlastContent&eId=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34>

American Academy of Pediatrics- Critical Updates on COVID-19:

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/>

American College of Obstetricians and Gynecologists-Novel Coronavirus 2019 (COVID-19):

<https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2020/03/novel-coronavirus-2019>

CDC- Disaster Planning: Infant and Child Feeding:

https://www.cdc.gov/nccdphp/dnpao/features/disasters-infant-feeding/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fdisasters-infant-feeding%2Findex.html

CDC-Interim Guidance on Breastfeeding for a Mother Confirmed or Under Investigation for COVID-19:

https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html#anchor_1584169714

CDC- Coronavirus Disease 2019 (COVID-19) Pregnancy and Breastfeeding:

https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html

Droplet: <https://firstdroplets.com/abcs/>

Human Milk Banking Association of North America- Milk Banking and COVID-19:

<https://www.hmbana.org/news/statement-on-coronavirus.html>

Nevada Health Response, COVID-19: <https://nvhealthresponse.nv.gov/>

Nevada WIC: <http://nevadawic.org/>

UNICEF- Coronavirus Disease (COVID-19): What Parents Should Know:

<https://www.unicef.org/stories/novel-coronavirus-outbreak-what-parents-should-know>

United States Breastfeeding Committee- Infant and Young Child Feeding in Emergencies:

<http://www.usbreastfeeding.org/p/cm/ld/fid=33?eType=EmailBlastContent&eId=ec03feb3-89d5-4aa8-9873-fc2fab0cdf34>

WIC Breastfeeding Support: <https://wicbreastfeeding.fns.usda.gov/>