

SPECIAL CIRCUMSTANCES

TIPS FOR BREASTFEEDING WITH AN OLDER CHILD IN THE HOUSE

- Explain to older children in simple language that is “matter of fact” regarding the way the infant is eating. Discussing how other animals feed their babies or being around other family members or friends with nursing babies if appropriate.
- Older children may have a desire to watch the baby breastfeed, this “family time” will be positive if approached as natural for the infant.
- If holding the older child in your lap is possible, give them a hug, and tell them a story or watching them play with a toy or draw / color a picture may help them to feel part of the feeding. A breastfeeding activity basket can hold special items that the older children can play with only while the infant is nursing.
- Have an activity or job for older children to do while breastfeeding your infant, for example fold laundry, getting you a glass of water, holding the baby as you get comfortable to nurse, or other activity helpful to your family’s care.
- If you have a nursing toddler when the new baby arrives, this may not be the best time to wean the older sibling. Tandem nursing of the toddler and newborn is one way to approach this. While the toddler is receiving foods and liquids from other sources, breastfeeding of the infant should be done first. Your pediatrician should be aware of your decision to tandem nurse.
- Having your partner play with the older child during a breastfeeding session can make them feel special as they will get attention from your partner.



- Teach siblings how to interact and play with the new baby in a way they feel included. Do tummy time together, play tongue games or make funny faces, teach gentle touching, and watch the baby’s reactions.



YouTube video

TRAVELING WITH OR WITHOUT YOUR BABY

- If you are traveling without your child and continuing to breastfeed, you will need to plan a way to maintain your milk supply while traveling.
 - You can express your milk and store it or send it home.
 - If storing and/ or shipping breastmilk is not possible, “pumping and dumping” can allow you to maintain your milk supply, resuming breastfeeding when reunited with your baby.
 - Express your milk as often as your infant would normally be breastfeeding.
 - Check with your hotel or lodging accommodations in advance to request a compact refrigerator for your room if needed. Store milk in the back of the refrigerator or freezer where the temperature is more likely to stay constant.

- Transport your expressed milk in an insulated cooler bag with frozen ice packs for up to 24 hours. When you reach your destination check your milk. If milk is thawed, refrigerate and use within 24 hours. Frozen milk should be placed in the freezer. If your milk has ice crystals, it may be refrozen immediately.
- Considerations for air travel
 - The Friendly Airports for Mother's Act and the Friendly Airports for Mother Improvement Act support the traveling families with breastfeeding needs. <https://www.govinfo.gov/content/pkg/COMPS-15817/pdf/COMPS-15817.pdf>
 - <https://www.tsa.gov/travel/special-procedures/traveling-children> is the link to the Transportation Security Administration (TSA) regulations for traveling with baby and child feeding items.
 - You do not have to be traveling with your infant to be able to carry milk and supplies.
- Inform the TSA officer at the beginning of your screening process that you are carrying expressed milk or related accessories and separate them from other liquids, gels, aerosols that are limited to 3.4 oz. each.
 - These items may need to be x-rayed. X-rayed milk is safe for your infant. You may request these items to be screened without being x-rayed, this process may take longer, so allow yourself extra time.
- Getting back to your breastfeeding routine after traveling.
 - Increasing your breastfeedings with your infant will boost your milk supply if it has decreased while traveling. This is temporary and frequent breastfeedings will help your supply return to normal after several days.
 - Occasionally during a long separation, babies who have adapted to using a bottle or cup may find it difficult to go back to breastfeeding. Skin to skin and patience will help with these challenges. Support from a lactation support provider may be helpful if you experience breastfeeding challenges after reuniting with your baby.

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