Collecting and Storing Pumped Milk

1. Wash your hands with soap and water and find a comfortable place to sit.
2. To help your milk let down, gently massage your breasts in circles or stroke towards the nipple.
3. Collect milk in clean, food grade (BPA free) storage containers or bags.
4. Pump for 10-15 minutes. If pumping hurts, turn pressure down or consider different breast shields.
5. Seal containers well. If freezing milk, leave space at top of container for frozen milk to expand.

Most moms will store from 2-5 ounces (60-150 cc) in a container. This is how much most babies eat in a feeding. You may combine milk from both breasts into one storage container.

If you add newly pumped milk to cold or frozen milk, cool the new milk first. Always add smaller amounts to previously pumped milk.

Rinse pump parts after use. If unable to wash in hot soapy water and rinse in clear water after every use, wash well at least once a day.

How long can you store milk? Breast milk does not spoil easily. These are suggested guidelines based upon current research. Breast milk does not become “dangerous” if it is stored longer. However, its nutritional and protective factors will decrease with time. Depending upon how “precious” your milk is, you may choose to store it longer. However, you would not want to use milk stored longer than 12 months as the sole nutrition for a young baby.

<table>
<thead>
<tr>
<th>Room Temp</th>
<th>Refrigerator</th>
<th>Freezer (not in door)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up to 6 hours</td>
<td>Up to 8 days</td>
<td>Up to 12 months</td>
</tr>
</tbody>
</table>

Always use your freshest (most recently pumped) milk first.

To defrost frozen milk: Place in refrigerator overnight or in pan of warm water. Do not microwave. Once defrosted, refrigerate and use within 24 hours. Defrosted milk may separate. This is normal. Swirl gently to blend milk. If defrosted milk has a soapy odor or taste, this is due to a breakdown of milk fats. To prevent, scald milk briefly before freezing. Heat milk on a stove just until tiny bubbles appear at the edges of the pan. Do not boil. Cool milk and then freeze.

If a baby does not finish a bottle of pumped milk, there is no research on how long the milk may be kept, and whether it can be re-frozen. Most people are comfortable storing the unfinished milk in the refrigerator and having baby finish the bottle at the next feeding. Avoid offering large amounts of milk in a bottle in order to avoid wasting milk.

If you are pumping exclusively (baby is not going to breast), you may need to pump frequently (~8 times a day) to have enough milk. You should be pumping often enough to collect as much as your baby is eating. If you need more milk, pump more often. If you need less milk, pump less often.
Breastfeeding. The true super power.

You alone have the power to give your baby the best start in life.
The power to forge a unique mother-child bond.
The power to protect your baby from illness.

By breastfeeding, you become your child’s superhero.

Super health powers for moms & babies:

- **Breastmilk is a natural health shield for baby.**
  Breast milk has disease-fighting antibodies that help protect infants from germs, illness, and even SIDS (Sudden Infant Death Syndrome). Breastfeeding lowers an infant’s risk of ear infections, stomach viruses, respiratory infections, diarrhea, asthma, type 1 & 2 diabetes, and obesity. These health properties have not been able to be mimicked by formula companies.

- **Breastfeeding helps mom with weight loss and protects her health.**
  Breastfeeding burns extra calories, making it easier to lose weight after giving birth. Breastfeeding lowers the risk of breast and ovarian cancers, and promotes healthy bones.

Tips for moms:

- **Nutrition is very important for moms who breastfeed.** Eat a variety of vegetables, fruits, whole grains, lean meat, fish, yogurt, cheese and milk.

- **Breastfeeding can leave mom feeling very thirsty.** Make sure you are drinking plenty of water.

- **Talk with your doctor about continuing a prenatal or multivitamin.**

Need help breastfeeding?

- **Have basic breastfeeding questions?** Call the National Breastfeeding Hotline supported by the U.S. Department of Health and Human Services (DHHS): 1-800-994-9662

- **Find a local La Leche League support group:** www.llusa.org/web/Nebraska.html

Get involved!

Join the Nebraska Breastfeeding Coalition to increase breastfeeding support across the state: www.nebreastfeeding.org

Resources:

- [www.cdc.gov/breastfeeding/](http://www.cdc.gov/breastfeeding/)
- [www.womenshealth.gov/Breastfeeding/](http://www.womenshealth.gov/Breastfeeding/)
- [www.nebreastfeeding.org](http://www.nebreastfeeding.org)

Adapted from the Massachusetts WIC Nutrition Program, Massachusetts Department of Public Health
A non-profit Community Breastfeeding Center:
"Creating a healthier community by helping mothers breastfeed their babies."

5930 South 58th Street (in the Trade Center), Lincoln, NE 68516
(402) 423-6402; www.milkworks.org
Ann Seacrest, RN, IBCLC, Executive Director
Kathy Leeper, MD, IBCLC, Fellow - Academy of Breastfeeding Medicine, Medical Director
**Hours:** Monday – Friday 10 am – 6 pm; Saturday 10 am – 4 pm; Sunday noon – 4 pm.

**Primary Services:**

- Prenatal Breastfeeding Class
- Breastfeeding Hotline and Parent Information Center (FREE)
- Postpartum Moms' Groups (FREE)
- Drop In Weight Checks (FREE)
- Hospital Grade Breast Pumps (Medicaid accepted)
- Clinical Consultations
- Return to Work Class for moms returning to work or school while breastfeeding
- Introducing Solids Class
- *babyworks* – a retail shop for breastfeeding supplies and baby gifts

The most recent meta analysis by the **US Agency for Healthcare Research and Quality** (April 2007) reviewed 9,000 studies related to the impact of what infants are fed. Their conclusion is that feeding human babies human milk (instead of formula) results in:

- a 4 times lower risk of SIDS,
- a decreased risk of type I and type II diabetes, asthma, diarrhea, eczema, ear infections, childhood leukemia, hospitalizations for lower respiratory infections and necrotizing enterocolitis in pre term infants, and,
- a **lifetime protection against obesity**.

Public health and medical experts recommend that infants be fed human milk exclusively for 6 months, with breastfeeding to continue for at least 12 months. The most recent (2009) **Centers for Disease Control (CDC)** statistics for Nebraska show that:

- 82% of infants are ever breastfed,
- 45% are **exclusively** breastfeeding at 3 months,
- 20% are **exclusively** breastfeeding at 6 months, and,
- 27% are breastfeeding at 12 months of age.
Tips for Caregivers

When a mother must be separated from her baby, it is important that baby’s caregiver (dad, family members, day care providers) understand the handling and storage of human milk, as well as tips on introducing baby to a bottle or cup.

Protecting Breastfeeding for Mom and Baby

If baby is cared for away from home, try to allow some quiet time for mom to breastfeed when she drops baby off and picks baby up from day care. This allows her to shorten the time until baby feeds at the breast again and will help to protect her milk supply. It also allows mom time to run an errand or two without hurrying home to feed a hungry baby.

If baby is in day care for an entire work day, try not to feed baby within one to two hours of the time that mom will arrive to pick baby up. If formula supplement is needed because breast milk is in short supply on a certain day, try to give it earlier in the day or give a small amount later in the day. Formula takes longer to digest and may decrease baby’s appetite when mom arrives and would like to breastfeed.

Giving a Bottle

Parents may want to introduce a bottle to baby before leaving baby with a caregiver for the first time. Some babies will take a bottle easily. Others will resist. You may find it easier if the bottle is introduced around three to four weeks of age. If baby resists the bottle, it may be helpful if someone other than mom offers the bottle.

If a baby has been exclusively bottle fed pumped milk by mom, there is also a chance that baby may resist taking a bottle from someone other than mom.

Remember that babies were not born to be bottle fed. It is something they have to learn. The following are some tips if baby resists the bottle:

1. Offer the bottle before baby is too hungry. It is hard to learn something new when you are starving. Sometimes it helps if baby is drowsy.

2. Try different feeding positions. Some babies like to be held close in a cradle position. Others prefer to sit facing outwards. Feel free to experiment. You may also find it helps to stand and rock or sway while offering the bottle. You may also try offering the bottle while baby is in a car seat.

3. Tickle baby’s mouth with the bottle and wait until baby opens wide. Don’t force the bottle nipple into baby’s mouth.
4. Breastfed babies usually do well with a standard size, slow flow nipple. Both the Playtex ventaire 6 ounce bottle and the Dr. Brown bottle have truly slow flow nipples. A slow flow nipple means that baby does not have to worry about too much milk coming out and, for the most part, has to suckle to remove milk. This is helpful when a baby is at day care. It may keep a baby from drinking too fast or taking too much milk from the bottle. This is important if a mom is working hard to maintain her milk supply. With a standard size nipple baby can easily open all the way around the nipple and take the whole nipple, not just the tip, in his or her mouth. Some wide mouth nipples are hard for a baby to get on deep, even though advertising may promote them as “more like mother’s breast”.

5. Be patient while baby learns. If baby is older than 3 months, you may want to think about using a feeding cup with a flow valve on it. (This means that baby must suck to get the milk out.) It is not necessary for an older baby to learn to take a bottle. They can drink milk from a cup.

6. Babies generally take between 2 and 4 ounces at a feeding 8 to 12 times per day. It is very unlikely that a baby will comfortably take a bottle that contains more than 5 ounces. Between one and six months of age, babies will consume approximately 26-28 ounces of milk per day.

Storing Milk

(For more detailed information, see our information on Collecting and Storing Pumped Milk.)

Human milk may not look like formula or cow’s milk. It is normal to be white, bluish, yellowish or even brownish in color.

Human milk is not homogenized, so it naturally separates into layers of milk and cream. There may even be particles of fat floating in the milk. Shake gently to mix the milk.

Human milk is very durable and does not spoil easily. Optimal milk storage at room temperature is 6 hours. Milk kept at room temperature beyond 6 hours is not necessarily bad for a baby, however, it starts to lose some of its protective factors. Spoiled milk will smell sour or taste bad.

Frozen milk can be defrosted in the refrigerator, or by putting the container of milk in a pan of warm water, or standing at room temperature. Do not microwave and do not heat above body temperature. Defrosted milk should not be re-frozen and is good for up to 24 hours if stored in the refrigerator.

Breastfed Babies and Their Stools

Breastfed babies may stool with each feeding or less often. Most babies will stool at least once a day.

Their stools are generally mustard yellow and semi liquid. There may be small curds in the liquid.
Feeding Solid Foods to Your Baby: What Every Parent Should Know

By Jennifer Bañuelos, BS, Kara Ishii, MSW, and Jane Heinig, PhD, IBCLC

Congratulations! Your baby is a few months old now and seems to be growing so fast. You may be thinking about starting solid foods. You want the best for your baby, but when and how to begin feeding solid foods can be confusing. Here are some helpful tips about feeding solid foods to your baby.

Your Baby’s Needs: Birth to 6 Months
Exclusive breastfeeding provides all the nutrients your baby needs during the first few months of life. As your baby grows, more calories and nutrients will be needed than can be easily provided by breast milk. Around the same time, your baby’s mouth and digestive tract begin to change. These changes prepare your baby to eat solid foods. The introduction of solid foods, along with breast milk, is an important part of your baby’s development. Solid foods should begin to be given at around 6 months of age. But babies develop at different times and have different needs. Talk to your doctor before giving your baby solid foods.

- Birth to about 6 months: Breast milk only.
- About 6-7 months: Iron-fortified infant cereal and breast milk.
- About 6-8 months: Strained or mashed vegetables, fruits, and meats; juice in a cup; and breast milk.
- About 7-10 months: Finger foods (dry cereal, crackers, tortillas, cooked vegetables, soft fruits), and breast milk.
- About 8-12 months: Mashed or chopped foods from the family meal (ground or finely chopped meats, fish, or poultry; cottage cheese), and breast milk.

Don’t panic if your baby doesn’t eat solid food right away. Remember, this is a time for learning. Your baby must learn to eat solid foods. As your baby adjusts to the new foods, you should slowly offer other kinds of foods.

Your Baby’s Needs: 6-12 Months
Feeding solid foods must be started slowly and with patience. Your baby needs time to get used to different tastes and textures. As you add new foods, you should continue breastfeeding as normal.

Here is a guideline to give you an idea about when babies can usually eat which kinds of foods.

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Myth Busters (next page)
Best Ways to Feed Your Baby (next page)
Myth Busters

**Myth #1:** Solid foods should be introduced when your baby eats more often than every 3 hours. Babies have different stomach sizes and eating habits. Some babies need to eat every 5 hours. Others may need to eat only every 2 hours. Counting hours between feeds does not tell you if your baby is ready to eat solid foods.

**Myth #2:** You must start solid foods early or else your baby will become picky and refuse them later. Before 6 months of age, your baby does not need solid foods. There is no proof that your baby will refuse solid foods if you wait to begin feeding solid foods until 6 months or later. Breast milk has many flavors. Breast fed babies are more likely to try different foods.

**Myth #3:** Feeding your baby cereal is a good way to help your baby sleep through the night. Cereal is a solid food. Giving solid food to your baby too early is not healthy for your baby. Also, your baby’s stomach is about the size of his or her fist. It does not hold much food. This is why feeding must occur more often. As your baby grows, he or she will begin to sleep longer.

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**FOODS not to give your baby**

- Soda
- Hot dogs
- Candy
- Chips
- Popcorn
- French fries
- Raisins
- Nuts
- Cow’s milk (not before 1 year of age)
- Added salt, sugar, or spices
- Whole grapes

If you have a family history of allergies, talk to your doctor about what not to give your baby.

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**best ways to feed your baby**

- **Breastfeed first, then offer a little cereal.** This will keep your milk supply the same.
- Keep your breastfeeding schedule the same, even when adding solid foods.
- **Feed your baby when there are few distractions.**
- Never give cereal or any other foods through the bottle.
- **Start with foods that are smooth and runny.** They will be easiest for your baby to swallow. Slowly add texture as your baby gets used to the food.
- **Feed your baby from a plate or bowl, not from a jar.** The food left in the jar will spoil quickly from the baby’s saliva.
- **Feed your baby when the family eats.** This will make him or her more likely to try new foods.
- Do not force your baby to eat. He or she is more likely to eat if it is not forced.
- **Give only 2 to 4 ounces of juice per day.** Too much juice is bad for your baby.
- **Give only one new food every few days.** This will make it easy to see if your baby has allergies to any foods.
Our Lactation Consultants

Kathy Leeper, MD
Pediatrician
Breastfeeding Medicine Specialist
Fellow - Academy Breastfeeding Medicine
International Board Certified
Lactation Consultant

Ann Seacrest
Registered Nurse
International Board Certified
Lactation Consultant

Kaye Lidolph
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Suzy Meyers
La Leche League Leader
International Board Certified
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Michelle Jenkins
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Mother's milk is one of the most valuable gifts you can give your newborn—and breastfeeding can be a very satisfying part of being a new mother. However, getting started often requires education, support and guidance.

That's why MilkWorks was created.
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MilkWorks

Hours:
Monday–Friday
10 am–6 pm
Saturday
10 am–4 pm
Sunday
Noon–4 pm
(402) 423-6402
Fax: (402) 423-6422
5930 South 58th Street
Lincoln, NE 68516
(Located just south of 58th & Old Cheney in the Trade Center)
www.milkworks.org

MilkWorks is a 501C3 non-profit corporation.
Your tax-deductible donation allows us to serve as a

Mother's milk is one of the most valuable gifts you can give your newborn—and breastfeeding can be a very satisfying part of being a new mother. However, getting started often requires education, support and guidance.

That's why MilkWorks was created.
All About Breastfeeding... and More
Choose from a selection of classes designed to meet your needs. Learn breastfeeding basics, tips for returning to work, and when to introduce solids. Visit www.milkworks.org for more information on all our classes and special events. Call (402) 423-6402 to register.

Lactation Care Package
Private consultations with an experienced board certified lactation consultant for mothers experiencing difficulties related to latch, sore nipples, poor weight gain or low milk supply. Includes a comprehensive feeding assessment and follow up care until your baby is feeding well. By appointment. Private insurance accepted if breastfeeding coverage is in effect. Reduced fees are available.

Breastfeeding Medicine
Specialty care with Dr. Kathryn Leeper, a pediatrician specializing in breastfeeding medicine. For mothers and babies with more complex needs, including prematurity, food sensitivities, tongue tie, or chronic nipple or breast pain. By appointment. Medicaid and private insurance accepted.

Mom Talk

Baby Weigh Station
Drop by and weigh your baby on an accurate baby scale during open hours. No fee or appointment required.

Parent Information Center
All parents appreciate trustworthy breastfeeding information. If you have a specific breastfeeding question or concern, visit our web site (www.milkworks.org), stop in during our open hours, or call (402) 423-6402.

Hospital Grade Pump and Scale Rentals
Helpful for premature or slow-to-gain babies and other breastfeeding difficulties. Call to reserve or drop in during open hours.

Breastfeeding Supplies
Quality electric breast pumps, pump parts and storage devices, nursing bras, loungewear, clothing and much more! We custom fit and teach you how to use anything you purchase.

MilkWorks is an approved breast pump provider for Medicaid and for several private insurance plans.

Babyworks
Our boutique is full of fabulous yet functional baby gifts and gear: swaddle blankets, comfortable baby carriers, leather baby shoes, adorable baby clothing, re-usable diapers, designer diaper bags, “green” toys and more! Gift registry available. All proceeds subsidize the clinical and educational services at MilkWorks.

NOW! Shop babyworks online at www.milkworks.org

Check us out on Facebook

Information as of January 2013. Subject to change.
An Important Decision to Make

Infant Nutrition

By Ann Seacrest, RN, IBCLC
Executive Director of MilkWorks

Let’s be honest. Pregnancy means the pressure is on. Gain enough weight – but not too much. Select a wonderful baby name. Buy a safe car seat – and figure out how to install it. Then comes that biggie: Choose what you should feed your baby.

Seventy-five years ago, your great-grandmother would not have given infant feeding a second thought. There was no choice. Babies were fed human milk.

Parents are in the middle of two opposing forces. Open any popular parent’s magazine and the glossiest, cutest ads are selling infant formula. But the articles in the same magazines are full of breastfeeding tips from the American Academy of Pediatrics and the U.S. Surgeon General.

Then, in one ear, you have family members saying, “You were fed formula and you turned out great!” In the other ear, your healthcare provider chimes in with, “Breastfeed your baby.”

What’s a new parent to do? Research has proven that human milk is the best for human babies. Complex metabolic processes related to insulin balance and blood pressure, as well as the immune system and brain, work best with food that is intricately designed just for humans. In addition, the physical contact of breastfeeding appears to calm babies and help them mature.

The bottom line is your baby’s health.

Many new parents are intimidated by breastfeeding. It is one more thing to master. And though it is all about feeding your baby, unfortunately, it means getting past the word “breast” in order to do that.

Parents hear horror stories related to milk supply, physical discomfort or returning to work or school. You don’t know if you are going to be the mom who can’t wait to nurse and then has problems, or the mom who is very hesitant, then sails through without a single concern.

You are lucky to live in a community that supports breastfeeding women. Lactation help costs little compared to the $2,000 or more it costs to feed your baby formula for the first year of life.

The reality is that some human milk is better than none and more is better than less. The goal is not to be perfect. The goal is to use community resources to help make breastfeeding work for you and your family.

You want to give your baby the world.
Start with the best nutrition.

Breastfeeding Assistance:

MilkWorks
5930 South 58th in the Trade Center
(402) 423-6402 · milkworks@windstream.net
www.milkworks.org
Open daily
MilkWorks provides a variety of services to help mothers breastfeed their babies, including education, support, consultations, pump rentals and breastfeeding supplies.
**Expert Care**

Dr. Kathy Leeper  
Breastfeeding Medicine Specialist  
Medical Director, MilkWorks

Dr. Kathy Leeper is both a pediatrician and a board-certified lactation consultant. She has joined a small but growing number of physicians across the country with a specialty in breastfeeding medicine and is the first Breastfeeding Medicine Specialist in the state of Nebraska. Dr. Leeper is also a Fellow in the Academy of Breastfeeding Medicine.

Unlike pediatricians who see babies for well-child checks or illness, Dr. Leeper exclusively works with mothers whose babies have unique breastfeeding challenges, including ankyloglossia (also known as tongue tie), prematurity and food sensitivities. She also sees mothers for nipple or breast infections.

**MilkWorks’ Lactation Consultants**

The Lactation Consultants at MilkWorks have more than 50 years combined experience helping mothers breastfeed their babies. With backgrounds as nurses, doulas, childbirth educators and La Leche League leaders, they work together at MilkWorks to provide an expert level of lactation care.

An Seacrest, BA, BSN, RN, IBCLC  
Suzy Meyers, IBCLC, LLLL  
Kaye Lidolph, BSN, RN, IBCLC  
Michelle Jenkins, RN, IBCLC

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**The Value of Support**

"I am the mother of three adorable children. When her daughter was born, Julia breastfed because she was told it was best for her baby. It wasn’t easy. Her daughter did not latch well, she felt unprepared and unsupported, and found it hard to breastfeed when she returned to work. Julia stopped breastfeeding when her daughter was three months old.

When her son was born, Julia felt she knew more about breastfeeding. But Levi also had some issues with breastfeeding. He did not gain well at first, but with patience, he went on to breastfeed beautifully until his second birthday.

Then Maebly came along. After an "amazing" birth at The Midwest’s Place, a birthing center in Bellevue, Julia started breastfeeding Maebly with much excitement and confidence. But Maebly had a different agenda. Even though Julia had a great milk supply, Maebly just could not remove milk well.

Luckily Maebly has a mom who understands the value of breastfeeding and was not willing to give up. Julia used a nipple shield, did a lot of pumping, and worked through one refusal. She turned to the lactation consultants at MilkWorks and found support from her husband and her co-workers at CircleME. When Maebly was fifteen weeks old, she finally got it! As Julia says, "I was so proud of my daughter and so thankful for all of the support I received that kept me going."

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**FAQ - MILK SUPPLY**

**My mother did not have enough milk to breastfeed me. Will I have enough milk to feed my baby?**

Many women 20 to 30 years ago did not make enough milk because they did not know it is necessary to remove milk frequently and thoroughly in order to make more milk. Health care providers at the time weren't trained to assist with breastfeeding and often assumed it would be easier for moms to formula feed. In rare cases, a mother and her daughter may share a physical inability to make sufficient milk, but for the most part, there isn't a familial connection. Women usually can make milk if they remove it early and frequently.

**How will I be able to tell that my baby is getting enough milk?**

With a full term, healthy baby, there are some basic guidelines to know that your baby is getting enough. By day four, your baby should be nursing for 10 to 30 minutes at least 8 times a day. He or she should be waking to feed and may fall asleep or have a quiet alert period after eating. All this nursing should produce at least 6 wet diapers and 3 dirty diapers in 24 hours. Early babies or babies with jaundice may have sleep and need to be woken for feeds. Any time you are concerned about whether your baby is getting enough milk, feel free to stop in to MilkWorks and weigh your baby.

**"At what type of breastfeeding help is available at MilkWorks?**

MilkWorks is a breastfeeding center that has been providing expert clinical care to mothers for more than eleven years. We have Breastfeeding Educators, Lactation Consultants and a Breastfeeding Medicine Specialist on staff to meet your unique needs. Parents will also find breastfeeding classes, free weight checks, mother’s groups, breast pump rentals and sales, and quality breastfeeding supplies at MilkWorks.
Breastfeeding and more!

MilkWorks offers a variety of classes and groups for expectant and new parents. Visit www.milkworks.org or call (402) 423-6402 for current dates and times.

All About Breastfeeding
For expectant parents. Learn the basics of breastfeeding, including when and how to get help. Includes a special class on Returning to Work while breastfeeding. Fee is $25.

Introducing Solids & Making Your Own Baby Food
Perfect for parents of babies who are 3 to 9 months old. Understand readiness tips, safety awareness and introducing new foods. Plus, learn how to make your own healthy baby food! Taught by a registered dietician. Fee: $10

Mom Talk
Join other breastfeeding moms to share information and friendships. Groups meet weekly. Led by a breastfeeding educator. FREE. No registration required.

Parent Information Center
Visit our web site at www.milkworks.org for trustworthy information on all basic breastfeeding concerns 24/7.

Baby Weigh Station
Drop in and weigh your baby during our open hours seven days a week. No fee.

SNUG as a bug in a rug!

We have a great selection of sleep products!
Woombie • Swaddle Blankets • Sleep Bags • Snuggle Nest •
and even the bedtime story!

Now ONLINE!
For quality breastfeeding essentials at great prices, or the perfect baby gift, stop by MilkWorks seven days a week. We gift wrap and ship!

Or, visit us on line 24/7 at www.milkworks.org

All proceeds from babyworks support the educational and clinical services at MilkWorks.

If you would like to receive information on events and specials, email us at milkworks@windstream.net and ask to receive our monthly email newsletter.

blabla
(very special friends)

Hand knitted by Peruvian artists.
blabla dolls make the perfect companion for children of all ages!
Stop in and meet the whole gang.