

Why express milk?

If you express milk, your baby will still be able to have mum milk even if somebody else is feeding them.

This may be useful if you are away from your baby or returning to work or study .

It's best to wait until your baby is a little older before regularly expressing milk, so you have a chance to get feeding going well first.

How to express milk by hand :

1. Have a clean sterilised container to hand before you start.
2. Cup your breast and place your thumb and finger about 2 -3 cm from the base of the nipple.
3. Using your thumb and the rest of your fingers in a C – shape, gently squeeze this area – this shouldn't hurt.
4. Release the pressure and then repeat again and again, building up a rhythm. Avoid sliding your fingers over the skin. At first, only drops will appear, but just keep going as it will help build up your supply. With practice and a little more time, milk will flow freely.

How do I know my baby is getting enough milk?

Your baby should be healthy and gaining weight after the first 2 weeks.

In the first 48 hours, your baby is likely to have only 2 or 3 wet nappies. Wet nappies should then start to become more frequent , with at least 6 every 24 hours from day 5 onwards.

At the beginning , your baby will pass a black tar – like stool (poo) called meconium. By day 3, this should be changing to a lighter,runnier, greenish stool that is easier to clean up. From day 4 and for the first weeks your baby should pass 2 or more yellow stools a day. Most babies pass lots of stools and this is a good sign. Remember , it's normal for breastfed babies to pass loose stools. Your baby should have at least six wet and two dirty nappies a day, and the amount of poo varies from baby to baby . If you are concerned your baby is not getting enough milk, speak to your midwife or health visitor.

Your breasts and nipples should not be sore. If they are, do ask for help.

If you have any concerns regarding breast feeding,contactour Gynecologist/Midwife for Support



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REFERENCES: www.nice.org.uk/cg107

MUMS-MILK

What happens in your baby's first years has a big effect on how healthy he or she will be in the future.

Mum's milk gives your baby all the nutrients he or she needs for around the first 6 months of life (and its important beyond 6 months too). It helps to protect your baby from infections and other diseases, and as a mum, it also reduces your chances of getting some illnesses later in life. Breastfeeding also helps you and your baby to get closer- physically and emotionally. So while you are feeding your baby, the bond between you grows stronger.

Infant formula is made from cows'milk and other ingredients .It doesn't contain the ingredients that help protect your baby from infection and disease. Only your body can make those.

Breast feeding is good news for mums as :

- *It lowers the risk of mum getting breast cancer and may reduce your risk of getting ovarian – cancer.
- *It naturally uses up about 500 extra calories a day so mums who breastfeed may find it easier to lose their pregnancy weight.

Babies who are not breastfeed have an increased chance of

- *Diarrhoea and vomiting and having to go to hospital as a result.
- *Chest infections and having to go to hospital as a result.
- * Ear infections.
- * Being constipated.
- * Becoming obese, which means they are more likely to develop type 2 diabetes and other illnesses later in life.
- *Developing eczema.

What position should you use?

There are lots of different positions for breast-feeding. You just need to check the following.

Is your baby's head and body in a straight line ?

If not, your baby might not be able to swallow easily.

Are you holding your baby close to you ?

Support his neck, shoulders and back. He should be able to tilt his head back easily , and he shouldn't have to reach out to feed.

Signs that your baby is feeding well

Your baby has a large mouthful of breast.

Your baby's chin is firmly touching your breast. It doesn't hurt you when your baby feeds (although the first few sucks may feel strong).

If you can see the dark skin around your nipple, you should see more dark skin above your baby's top lip than below your baby's bottom lip.

Your baby's cheeks stay rounded during sucking. Your baby rhythmically takes long sucks and swallows (it is normal for your baby to pause from time to time).

Try not to give a dummy before breastfeeding is established – usually around a month.

EXPRESSING MILK

What does 'expressing milk' mean?

Expressing milk means squeezing milk out of your breast.

You can express milk by hand or with a hand pump or an electric pump.

Different pumps suit different womwn, so ask for information to compare them.

A pump needs to be clean and sterilised each time it is used.