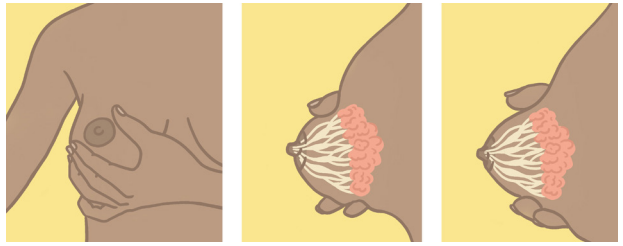
# SUPPORT ON EXPRESSING **BREASTMILK AND CUPFEEDING SUCCESSFULLY**

## EXPRESSING BREASTMILK

- Wash hands with soap and water
- Make sure mother is sitting comfortably – a little forward
- Show her how to cup the breast just behind her areola
- Squeeze the breast gently, using thumb and the rest of fingers in a C shape. This shouldn't hurt (don't squeeze the nipple directly as you'll make it sore and difficult to express). Release the pressure then repeat, building up a rhythm. Try not to slide the fingers over the skin
- At first, only drops will appear, but if she keeps going this will help build up her milk supply. With practice and a little time, milk may flow freely
- When no more drops come out, let her move her fingers round and try a different section of the breast
- When the flow slows down, swop to the other breast. Keep changing breasts until the milk drips very slowly or stops altogether
- If the milk doesn't flow, let her try moving her fingers slightly towards the nipple or further away, or give the breast a gentle massage
- Hold a clean (boiled) cup or container below the breast to catch the milk as it flows



## STORING AND USING EXPRESSED BREASTMILK

- Fresh breastmilk has the highest quality
- If breastmilk must be stored, advise the mother and family to:
  - Use either a glass or hard plastic container with a large opening and a tight lid to store the breastmilk
  - Boil the container and lid for 10 minutes before use to sterilise them
  - If the mother is literate, teach her to write the time and date the milk was expressed (or morning, afternoon, evening) on the container before storing
  - Defrost frozen breastmilk in a fridge or at room temperature over 12 hours or by letting the container with frozen breastmilk stand in cold water to defrost
- Make sure that the person who will feed the baby has been taught to cupfeed correctly (see next box)

### How long can breast milk be stored

| Temperature | Duration |
|---|---|
| • Room temperature | • Up to 8 hours |
| • Fridge | • Up to 6 days |
| • Ice box freezer (-18°C) | • 3-6 months |

## CUP FEEDING (FOR GIVING EXPRESSED BREASTMILK OR REPLACEMENT FEEDS)

- Hold the baby sitting upright or semi-upright on your lap
- Hold a small cup of milk to the baby's mouth
- Tip the cup so that the milk just reaches the baby's lips
- The cup rests lightly on the baby's lower lip and the edge of the cup touches the outer part of the baby's upper lip
- The baby will become alert
- Do not pour milk into the baby's mouth
- A low birth weight baby starts to take milk with the tongue
- A bigger/older baby sucks the milk, spilling some of it
- When finished the baby closes the mouth and will not take any more
- If the baby has not had the required amount, wait and then offer the cup again, or offer more frequent feeds
- Give volumes as per guideline (p. 20)

