

ALL ABOUT BREASTFEEDING



PRINCE COURT
MEDICAL CENTRE

for you. for life.



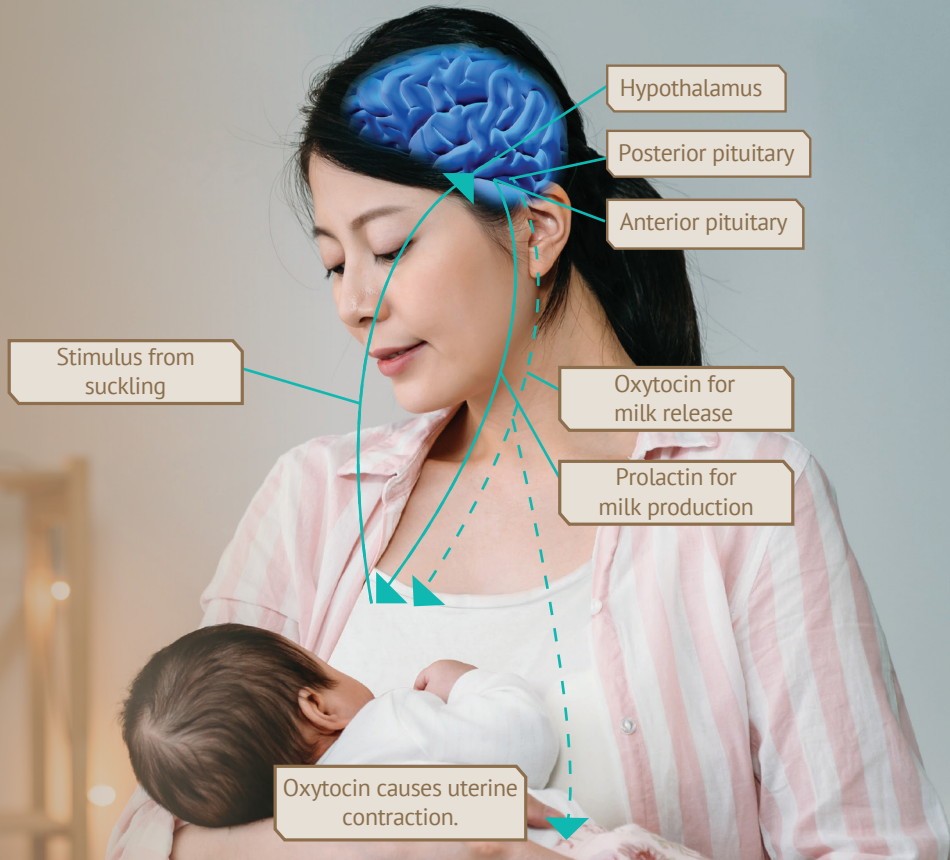
Malaysia's Breastfeeding Policy

National Breastfeeding Policy recommends that all mothers are encouraged to exclusively breastfeed their baby from birth to six months and continue to breastfeed until the baby is two years old.

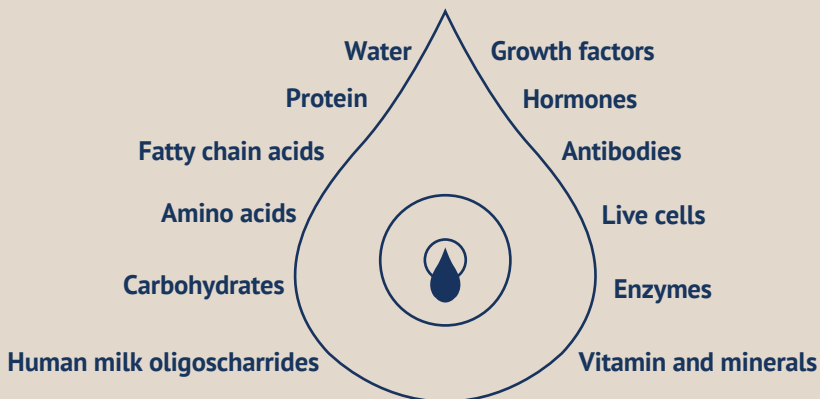
Complementary food should be given when the baby completes 6 months of age.



How Is Milk Produced After Delivery



COMPONENT OF BREAST MILK



Importance of Breastfeeding

TOPIC 1

BABY

- Contain complete nutrients for baby that help to develop the brain and enhance IQ.
- Contain antibodies that help to protect baby against infections.
- Prevent allergies, juvenile-onset diabetes, obesity and high blood pressure.
- Available at any time and does not require preparation.
- Ensuring adequate nutrient composition and appropriate temperature.

TOPIC 2

MOTHER

- Oxytocin released during suckling helps contraction of the uterus.
- Creates bonding between baby and mother.
- Night-time feeding will be easier.
- Reduce the risk of postpartum depression.
- Save time and money.
- Natural birth spacing.
- Shape your body faster.
- Lower risk of uterine and breast cancer.
- Lower risk of osteoporosis.



TOPIC 3

The Importance of Skin-To-Skin Contact Immediately After Birth

- Regulates baby's body temperature.
- Promotes bonding between baby and mother.
- Help babies learn that the mother's breast is a safe place.
- Reduce stress and postpartum depression.
- Regulates baby's breathing and heart rate.
- Helps metabolic adjustment and blood sugar stabilisation for baby.
- Stimulates feeding.
- Promotes bonding.



The Importance of Early Initiation of Breastfeeding

Initiate breastfeeding within the first hour of life.

It is very important to stimulate the breast as soon as possible to get the colostrum.



Foremilk
At the beginning of feeding



Colostrum



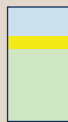
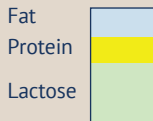
Foremilk



Hind milk



Hind milk
At the end of feeding



- Rich in antibodies.
- Contain many white blood cells - reduce risk of infection.
- As a first immunisation for babies.
- Has a mild laxative effect to remove the meconium and to prevent jaundice.
- Many growth factor that help maturity of the intestine and reduce risk of
- Rich in Vitamin A - reduce risk of severe illness.

TOPIC 5

The Importance of Rooming in 24 Hours a Day

Mother and baby will be together for 24 hours a day.

- Increase opportunity for skin-to-skin contact.
- Helps the baby feel secure and loved.
- Lead to better sleep quality for both mother and baby.
- Helps mother to learn baby's feeding and sleeping cues.
- Baby can be fed on demand.
- Enrich bonding between mother and baby.
- Reduce risk of infection to the baby.
- Reduce feelings of anxiety and loneliness.
- Reduce feelings of baby blues and postpartum depression.



TOPIC 6

The Importance of Breastfeeding on Demand

- Natural immunisation from the breast milk.
- Frequent, unrestricted suckling from soon after birth stimulates the breast milk to come in sooner.
- Helps to prevent jaundice.
- It helps to prevent breast engorgement.
- Helps baby and mother to develop a close bonding.



Feeding Cues

EARLY CUES

Mouth activity



Licking lips



Opening mouth



Turning head

MID CUES

Body movement - I'm really hungry



Stretching



Wiggling



Hands at mouth

LATE CUES

Upset baby - Calm me then feed me



Fussing



Turning red



Crying


How to Know if a Baby is Satisfied after Breastfeeding?

- Your breast feels softer after breastfeeding.
- After a feeding, your baby seems relaxed and satisfied.
- During every breastfeeding session, let your baby end the feeding. Your baby will let go or fall asleep when he is no longer hungry. He will look very content.

HOW TO KNOW IF A BABY HAS ENOUGH MILK?



Passing urine 6 times or more in 24hours



Gaining weight



Frequent breastfeeding 10-12 times a day

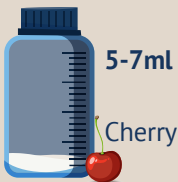


Alert, active with good muscle tone and healthy skin

HOW MUCH DOES A BABY NEED?

Estimated infant stomach capacity

Day 1



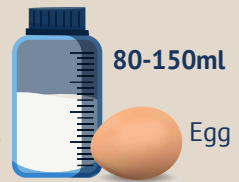
Day 3



1 week



2 weeks



TOPIC 7

The Importance of Frequent Feeding to Ensure Adequate Milk Production

Express milk if mother need to be separated from the baby.

Express milk after breastfeed if the breast still full.

Breastfeed frequently at night

Frequent feeding on demand.

Rest, drink and eat well.

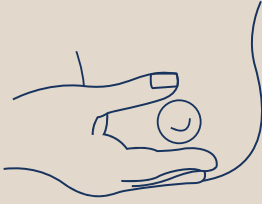
Avoid artificial teats.

Feed the baby before and immediately after returning from work.

How to Ensure You Have Enough Milk?

- Initiate breastfeeding within 1 hour after birth.
- Make sure the baby is attached for effective suckling on the breast.
- Practice rooming-in.
- No limitation to the length and frequency of feeds.
- Express breast milk between feeds.
- Exclusive breastfeeding for 6 months.

Expressing Breast Milk Method



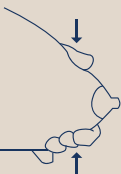
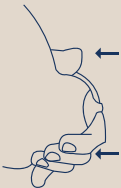
Expressing by hand



Expressing with a pump

Make sure you read the instructions on your pump and sterilise the pump and all the parts before use.

Hand Expression Technique



1

Wash hands.

2

Stimulate milk flow

- Think of your baby.
- Apply warm towel on the breast and massage the breast.

3

Find the milk ducts

- Feel for the ducts (near outer edge of the areola)
- Place your thumb and forefinger on opposite sites of the areola, while the other fingers gently support the breast.

4

Compress the breast over the ducts

- Gently press the thumb and forefinger slightly back towards the chest wall.
- Press thumb and forefinger together, this will compress milk duct between them and helps milk flow towards nipple

5

Repeat in all parts of the breast

- Release the pressure and repeat compress and release movement until milk drips out.

Milk Collection

Storing EBM requires careful handling and attention to time and temperature. Here is a comprehensive guide on how to safely store your Expressed Breast Milk (EBM).

- Perform a proper hand washing.
- Store breast milk in sterilized containers / specialised storage bags
 - it must be food grade and BPA free
 - it must be with tight fitting lids
- Always seal the container of EBM tightly.
- Ensure EBM is correctly labelled with date and time.
- Store in feed size and keep it in the coldest part of the freezer.
- If you plan to add freshly expressed breast milk into chilled or frozen milk, first you have cool it in the refrigerator before you added.

Feeding Method



CUP FEEDING



SPOON FEEDING



TOPIC 8

The Importance of Correct Positioning and Attachment

- To ensure baby gets adequate breast milk.
- To prevent mother from breast engorgement and nipple sore.
- To facilitates milk flow.

BABY

- The baby's head and body in a straight line.
- Baby is brought close to the mother's body.
- Baby's head, shoulder and back are supported.
- Baby faces the breast with the nose positioned in front of the mother's nipple.

MOTHER

- Comfortable with the mother's back, leg and breast support as needed.
- If necessary, support their breast using "C hold".



Breastfeeding Positions



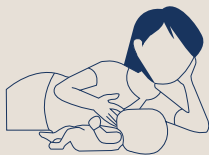
Cradle hold



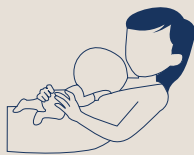
Cross Cradle



Football



Side lying



Laid back

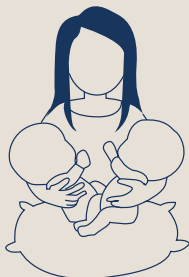
Breastfeeding Positions for Twins



Same direction



Double Cradle



Double sit

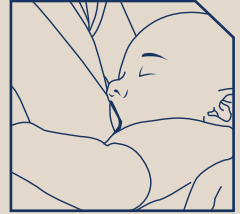


Side feeding

Attachment

Good attachment

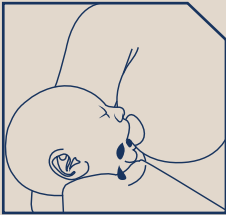
- Baby mouth widely open.
- Lower lip turned outward.
- Baby's chin touches mother's breast.
- Majority of areolar inside baby's mouth.



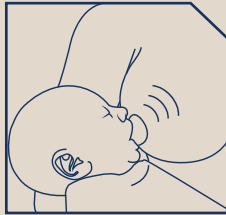
Correct attachment starts with wide mouth opening

Poor attachment

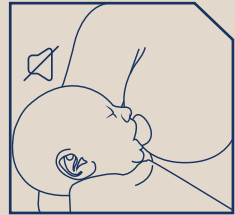
- The mouth does not open wide.
- Areolar looks more under the baby's mouth.
- Far chin.
- Mom feels pain.
- Swollen breast.
- Clicking sound.



MILK LEAKAGE



CLICKING SOUNDS



**NO SWALLOWING
SOUNDS**

TOPIC 9

The Importance of Exclusive Breastfeeding

Exclusive breastfeeding means that there is no food or drink other than breast milk for the first 6 months.

Vitamins, mineral supplements or medications can be given if needed.

THE BENEFITS ARE:



Provides nutrients and contain enough water for growth and development for the first 6 months.



Rich in antibodies helps to prevent from infectious diseases.



Help formation and growth of jaws, teeth and better speech.

TOPIC 10

The Importance of Continuing Breastfeeding After 6 Months

- After 6 month, babies need to receive complete food in addition to breast milk.
- Continued frequent breastfeeding is important because it can still supply 1/3 to 1/2 of the calories needs of a 12 months old baby and should be continued until the age of 2 years or more.
- Breast milk is very suitable for babies and always changes from day to day and month to month according to the baby's need.
- Baby can learn the taste of family food through their mother milk.
- Breast milk is unique and special, it contains a fluid that actively protects the baby from infection.

TOPIC 11

How To Ensure Early Initiation of Breastfeeding

Provide skin-to-skin contact.

Initiate breastfeeding immediately once baby shows feeding cues.

Know when baby is getting enough milk.

Practice rooming-in 24 hours a day.

Avoid using artificial teats or pacifiers.



Risk of Not Breastfeeding a Baby

1

Increased risk of infections

- higher chance of respiratory infections
- more prone to ear infection (otitis media)
- greater risk of gastrointestinal infections such as diarrhea, vomiting

2

Weaker immune system

- breast milk contains antibodies that help protect against babies. Babies who are not breastfed may have weaker immune response.

3

Higher risk of chronic diseases

- increased risk of obesity, juvenile onset insulin dependent diabetes mellitus, and heart disease later in life
- higher chances of developing allergies and asthma

4

Delayed brain development

- breastfed babies may have better cognitive development due to essential fatty acids in breast milk

5

Digestive issues

- supplementary food is slow to digest, leading to constipation, colic and eczema

6

Emotional and bonding impact

- breastfeeding promotes skin to skin contact, which enhances bonding and emotional security.



TOPIC 13

Mother-Friendly Care

- Allow companion during the birth process can help mothers feel more comfortable and in control.
- Allow snacks and drinks during labour.
- Allow mother to decide for her non-medical pain relief unless medically advised or upon mother request.
- Encourage mother to walk and move before labour and allow mother to decide her own type of delivery unless medically indicated .
- Not introduce any invasive procedure such as induction of labour, caesarean section, episiotomy or artificial rupture of the membrane.

Non-Medicated Methods to Reduce Labour Pain

There are various non-medicated methods to help reduce labour pain before introducing medications.

- Provide support during the birthing process
- Encourage the mother to walk and move around
- Body massages
- Warm compresses
- Provide verbal and physical reassurance and comfort to the mother
- Create a calm environment without overly bright lighting and minimal disruptions from visitors
- Allow the mother to choose her preferred birthing position

Working Mother

Breastfeeding Guide Chart

DAY TIME	7.30AM - 9.00AM	10.00AM - 11.30AM	12.00 NOON - 1.30PM	2.00PM - 4.00PM
1 - 3	EBM	BF	BF	BF
4 - 6	EBM	EBM	BF	BF
7 - 9	EBM	EBM	EBM	BF
10 - 12	EBM	EBM	EBM	EBM

BF = Breastfeeding

EBM = Expressed Breast Milk

How to Schedule Breastfeeding

WORKING

- Breastfeed your baby before you leave for work.
- In between working hours, caregiver should give expressed breast milk by using small cup or spoon.
- Mother should express her breast milk every 3-4 hours at workplace for the next day.
- Breastfeed your baby once you get home.

AT HOME

- Breastfeed your baby when you are with him day and night on your off day.
- Express milk in between feeds if necessary.
- Keep EBM for the next day.

Storing Expressed Breast Milk



ROOM TEMPERATURE

- 25-37°C (4 hours)
- 15-24°C (8 hours)



2 DOOR REFRIGERATOR

- Freezer (-17°C) - 3 months
- Lower refrigerator (2-4°C) - 3-5 days



DEEP FREEZER (-20C)

- 6 months



1 DOOR REFRIGERATOR

- Freeze for 2 weeks



COOLER BOX (4C)

- 24 hours

MAINTAIN COLD CHAIN DURING TRANSPORTATION

 Temperature 4°C and
2 ice packs or more



Thawing Expressed Breast Milk

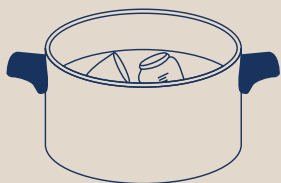
- Remove frozen EBM from the freezer to refrigerator overnight or run container under running tap water.
- Place container in a bowl of warm water.
- Gently shake to re-combine the fat with the rest of the liquid.
- Warm only amount needed for one feeding.
- Do not expose breast milk under the sun.

Discard the leftover after 1 hour.

NO



Sterilizing and Storing Feeding Equipment



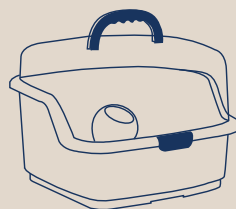
BOILING METHOD

- Equipment that can be boiled must be BPA free.
- Make sure all parts submerge in water (no bubbles trap).
- Let the water come to a boiling state for 3 to 5 minutes then off the stove.



COMMERCIAL STERILIZER

- Follow the instruction given by the brand company.



- Store in a closed container.

Burping your baby

Some babies need burping more than others. There are a few ways you can burp your baby, all of which involve gently rubbing or patting their back to release trapped air.



Lying across your lap



Sitting on your lap



Over the shoulder

You can also try massaging their tummy or cycling their legs to release the air

Breastfeeding Support Group

SUPPORT FOR BREASTFEEDING



Maternity Hospital



Nearest Clinic



Breastfeeding counsellor



Family and friends



BF Support Group

NATIONAL LACTATION CENTRE (NLC)

Tel : 03-6120 1491

PRINCE COURT MEDICAL CENTRE

Madam Sujatha : 012-5266152
(8am to 5pm)

Madam Rina : 012-6755726
(8am to 8pm)

Prince Court Hotline : 03-21600000 (24 hours)

Extension:

6074 (Nursery - 24 hours)

6505 (NICU - 24 hours)

6080 (Postnatal ward 6H - 24 hours)

6070 (Labour ward 6G - 24 hours)

2143 (Women and Children Clinic - 9am to 5pm)

Challenges of Breastfeeding

SORE NIPPLES

Sore nipples are very common in the early days of breastfeeding and usually occur when your baby is getting used to latching properly.

MASTITIS

Mastitis is a condition which inflames your breast tissue and can cause some breast pain. Symptoms can be flu-like and you may notice a lump in your breast.

MILK SUPPLY

The more your baby feeds, the more milk you will produce, but it's natural to worry about how much your baby is taking in.

TONGUE-TIE

A tongue-tie is when the frenulum (a strip of tissue attaching the tongue to the mouth) is shorter than normal. It can make latching harder.

COMMON QUESTIONS

CAN I TAKE MEDICATION WHILST BREASTFEEDING?

Always consult a health care professional before taking any medications.

CAN I BREASTFEED WHEN I AM SICK?

Yes, by the time you have signs and symptoms your body would have produced enough antibodies to protect your body.

CAN I DRINK ALCOHOL WHILST BREASTFEEDING?

It is best to avoid alcohol whilst breastfeeding, as what we eat and drink can pass into the breast milk.

HOW LONG DO I HAVE TO NURSE MY BABY?

Let the baby nurse on the first side as long as baby wants without time restriction. When the milk is in, let baby drink on the first breast till the breast feels soft, light and empty.

DO I HAVE MILK FOR MY BABY?

The breast already have milk called colostrum from 16 weeks of pregnancy.

SHOULD I BURP MY BABY?

Not always necessary. If baby cry a lot before feeding, they may have swallowed in air. In this case, it is better to burp the baby first before breastfeeding.

HOW OFTEN DO I HAVE TO FEED MY BABY?

Babies are fed on demand. Otherwise 3-4 hours during the first few weeks.

CAN I GET PREGNANT WHILST BREASTFEEDING?

You can still become pregnant whilst breastfeeding, so make sure to use contraception if you do not want to conceive.

**Breastfeeding isn't
just about milk, it is
also about love..**





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Centre of Excellence
in Oncology



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HEALTHCAREASIA
AWARDS 2024

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- Clinical Service Initiative of the Year 2023 & 2024



• Orthopaedic Service Provider
of the Year 2023 & 2024



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2020



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