

Hand Express Breast Milk

How should I feed the expressed milk?

- * You or someone else can feed your baby the expressed breast milk using a clean open cup. Even a newborn baby learns quickly how to drink from a cup.
- * Do not use bottles or teats. They are difficult to clean and can cause your baby to become sick. They can also confuse your baby and discourage him or her from feeding on your breast.
- * If the baby does not drink all of the expressed breast milk during a feeding, discard what is left in the cup.



Things to remember

- * Always clean the utensils that you use to feed your baby with clean water and soap.
- * Wash your hands with soap and clean water before expressing breast milk.
- * Expressed breast milk can be stored for up to 8 hours in a cool place.
- * Either you or someone else can feed the baby using a clean open cup. Even a newborn baby learns quickly how to drink from a cup.
- * If you are interested in learning how to heat treat your breast milk or need additional information on feeding your baby, consult a trained counselor.



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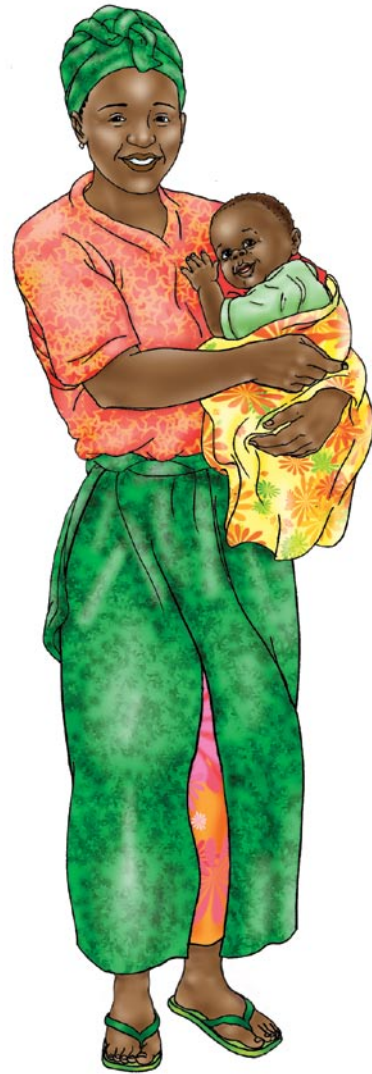
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Expressing Breast Milk

What do I need to know?

There are many reasons why expressing breast milk is useful and important. You may want to express your milk in the following situations:



- * To leave milk for your baby to drink if you have to be away.
- * If your breasts are so engorged (swollen) that they are uncomfortable and your baby has difficulty feeding.
- * If your baby is born prematurely or is too small to suckle well.
- * If your baby is weak or refusing to suckle.
- * To maintain production of breast milk if you or your baby are sick.
- * To apply to cracked or sore nipples to help them heal.
- * If you are HIV-positive, to reduce the risk of passing HIV to your baby by expressing and heat treating your milk. Ask a counselor for the heat treatment brochure insert for further information.

How to express breast milk



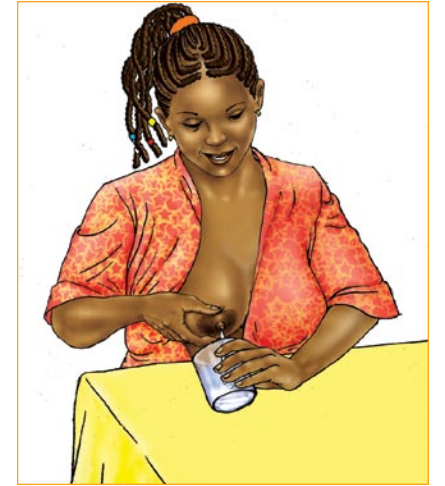
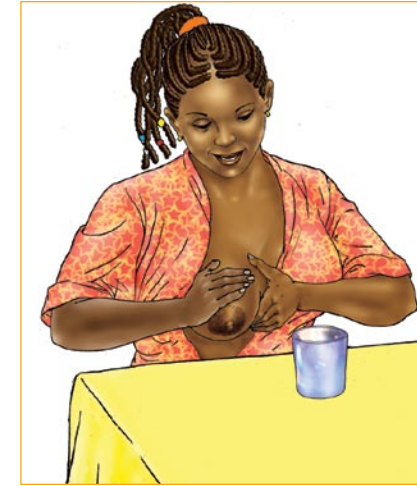
- * Always wash the cup or jar and its cover with clean water and soap.



- * Sun or air dry the dishes on a rack.



- * Always wash your hands with clean running water and soap before and after expressing breast milk.



- * Put your thumb on the breast above the dark area around the nipple. Place your first finger below the nipple and the dark area. Support your breast with your remaining fingers.
- * Gently press toward your chest wall with your thumb and finger together. Continue to compress the breast while moving your hand away from the chest wall. This should not hurt. If it does, then you are not doing it right.
- * Press the same way on each side of the dark area around the nipple in order to empty all parts of the breast. Do not squeeze the nipple itself or rub your fingers over the skin.
- * Express one breast for 3 to 5 minutes until the flow slows down and then switch to the other breast. Then do each breast again.
- * Store your expressed breast milk in a clean covered container until you are ready to feed your baby. Expressed milk can be stored for up to 8 hours in a cool place.

