

# PRACTICAL SESSION 3

## OBSERVING HAND EXPRESSION AND CUP FEEDING

### Breastfeeding Promotion and Support

A Training Course for Health Professionals



*Adapted from the Baby Friendly Hospital Initiative:  
Revised, Updated and Expanded for Integrated Care (Section 3)  
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# Objectives

**After completing this session, participants will be able to:**

1. Assist a mother to learn the skills of hand expression.
2. Observe a cup feeding demonstration.

# Opportunity gained from the practice:

- Assist a mother to learn the skills of hand expression.
- Practice using your communication skills

# 1. Build a team

- Each group of 4 divides into 2 pairs of participants.
- Each pair works separately.
- One person of the pair talks to mother, while the other observes.
- The facilitator circulates between the pairs observing and assisting as needed.
- Mothers may be unwilling to hand express with group observing.

## **2. Start a communication (one participant)**

- Introduce yourself to the mother and ask permission to talk to her.
- Introduce partner and explain that you are interested in learning about hand expression of breastmilk.

# Cont..

- Ask the mother some open questions:
  - about how she and her baby is
  - how her baby's feeding
- Encourage mother to talk about herself and her baby. Do not push if she does not want to discuss.
- Show empathy if her baby is ill and do not need to discuss baby's condition in details.
- Practice as many of the listening and learning skills as possible.

### 3. Ask the mother if she express milk by hand

- If she **does** hand express:  
ask her if she can show you  
how she hand expresses.
  - let her show without  
interruption while  
observe the way she does  
it.
  - do not stop her and tell  
she is doing something  
wrong even she is.



## Cont...

- If she is comfortable hand expressing:
  - there is milk flowing and she happy with her technique.
  - praise her for what she doing.
  - reinforce breastmilk is best for babies.
  - thank her for helping you to learn.



## Cont...

- If the mother **has difficulty with** hand expressing:
  - make some positive comments.
  - ask her if you can suggest some ways that might be easier for her.
  - Explain in simple words the reason for any suggestions you make

*For example, if you suggest that she move her fingers around the breast, explain that there is milk in all areas of the breast and moving her fingers helps the milk to flow from these areas.*

## Cont...

- If the mother **does not know** about hand expression:
  - ask her if you can tell her why it might be useful to learn hand expression.
  - explain some of the reasons why hand expression might be useful to her.
  - Then, ask her if you can help her to learn how to hand express.

#### 4. Ensure the mother is comfortable and has some privacy

*The mother can express a small amount to show you how she does it / she can express a full feed for her baby if her baby receives expressed breastmilk regularly. (If the mother is feeding the milk to the baby, she needs to wash her hands and prepare a suitable container for the milk).*



If the **first time** that a pair finds a mother, who needs help with expression,



ask the mother for her permission for the facilitator to join you. The participant helps the mother to learn how to hand express, while the facilitator observes and assist if needed.

## 5. Observation (Other participants)

- Stand quietly and do not comment.
- Make *general* observations on:
  - hand expression .
  - conversation between the mother and the participant.
- Make *specific* observation of the participant's communication skills.

## 6. Ending the session

- Thank the mother for her time and cooperation, and say something to encourage and support her.
- Go with the group into another room or private area to discuss your observations.
- Discuss what you noticed:
  - about the breastfeed
  - communication skills that the participant used.

# Please notice...



- if babies room-in with their mothers;
- the presence or absence of breast pumps
- how breastmilk is handled/ stored for later feeding to a baby in special care;
- how low-birth-weight or ill babies are fed if they are unable to breastfeed.

# Cup feeding

- Most babies able to feed at the breast and no need to cup feed.
- Health workers need to know the basic technique of how cup feeding is done.



# Clinical Practice

## Cup feeding demonstration





# Thank you