

# **SESSION 11**

## **IF BABY CANNOT FEED AT THE BREAST**

### **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)  
WHO/UNICEF 2009*



# Session Objectives:

At the end of this session, participants will be able to:

1. Describe why hand expression is useful and how to hand express
2. Explain how to cup feed an infant
3. Method of storing and thawing expressed breastmilk
4. Practice assisting to learn how to hand express

# **1. Describe why Hand Expression is useful and how to Hand Express**

***Why might it be useful for a mother to know how to hand express?***

## **STEP 5:**

***Show mothers how to  
breastfeed and how to  
maintain lactation even if  
they should be separated  
from their infants***

# Hand expression

## Useful to know :

- For breast comfort
  - Relieve engorgement/blocked duct
- To help baby to breastfeed
- To soften areola so that baby can attach
- To keep up milk production
- To obtain milk
  - baby is unable to breastfeed
  - mother and baby are separated
  - milk is needed for another baby

# Hand expression

## Advantages compared to breast pumps

- No worries about missing part or faulty equipment
- Hand expression - very effective & quick
- Prefer skin-to-skin stimulation (hand & breast)
- Hand expression - gentler than a pump
- Less risk of cross-infection

# ***When to express?***

- baby cannot feed at the breast
- mothers are away from their baby
- mother wants drops of milk to encourage baby to suck
- breasts are overfull or blocked duct
- want some hind milk to rub



# ***How to express?***

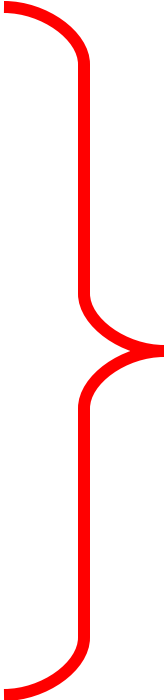
Key steps:

- Encourage milk to flow
- Compress breast over ducts
- Repeat in all parts of the breast

# Key steps:

## *Encourage the milk to flow:*

- sitting comfortably & relaxed
- thinking about her baby/looking at the baby
- warming her breast
- Massaging/stroking breast & rolling nipple between fingers
- having back massaged



**STIMULATE  
OXYTOCIN  
REFLEX**

## Back massage

# Hand Expression

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# Breast Expression Technique

- Wash hands with soap and clean water
- Can continue massage during expression
- Using clean/sterile container



## *Encourage milk to flow*

help oxytocin reflex to work

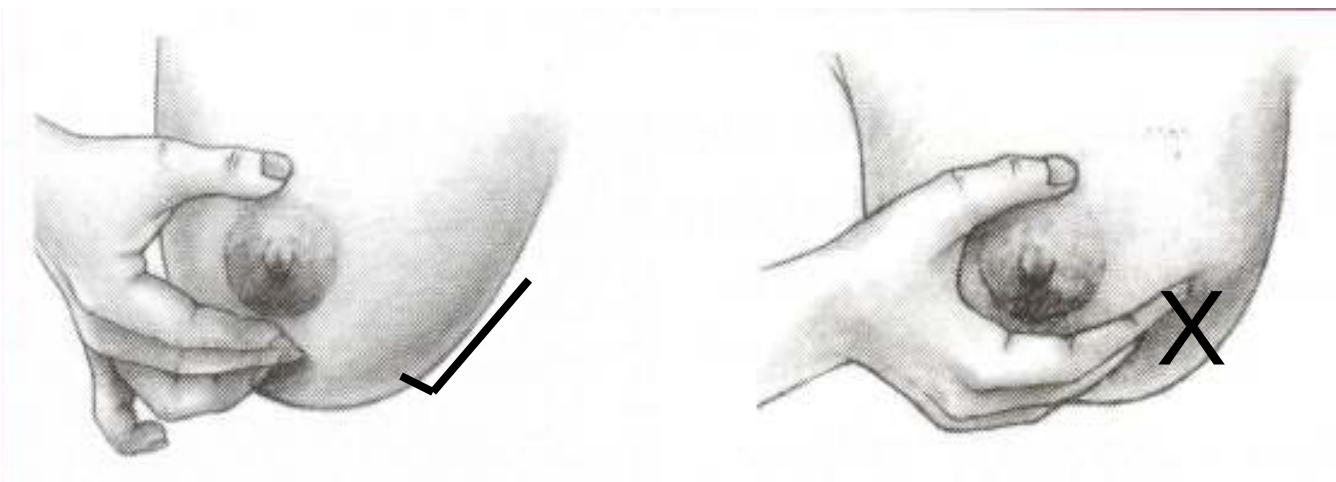
- be comfortable and relaxed
- Sit comfortably in a quiet/private area and relax
- think about baby/look at photo
- warm the breast , gentle massaging and stroking
- gently roll nipple between finger and thumb

need not do once used to express



## ***Compress the breast over the ducts***

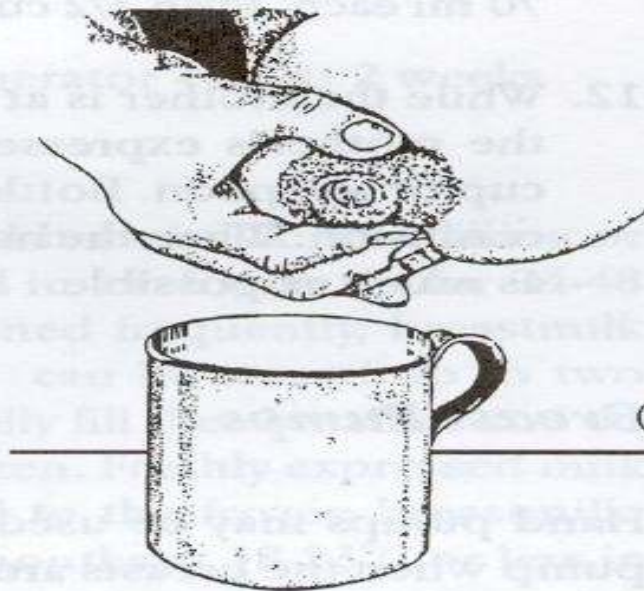
1. Feel for the ducts (near outer edge of the areola)
2. Place thumb on the opposite side
3. Support breast with other finger of the hand



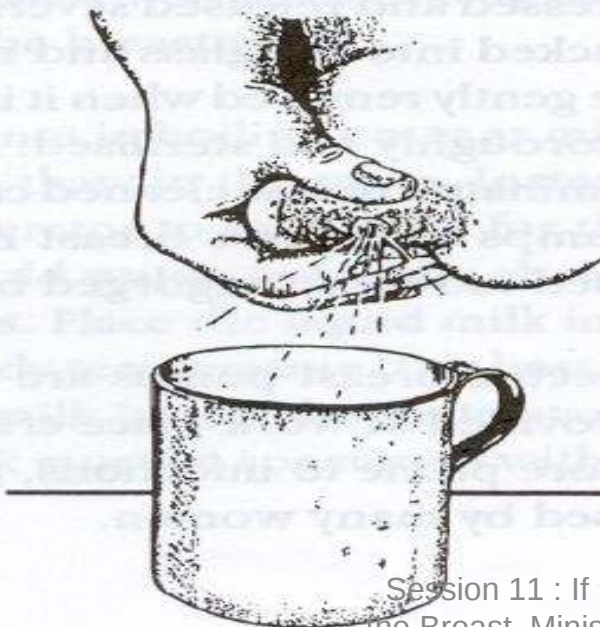
## ***Compress the breast over the ducts***

4. gently press thumb and first finger back toward the chest wall
5. press thumb and first finger together
  - this will compress milk duct between them
  - helps milk flow towards nipple
6. Release the pressure and repeat compress and release movement until milk drips out



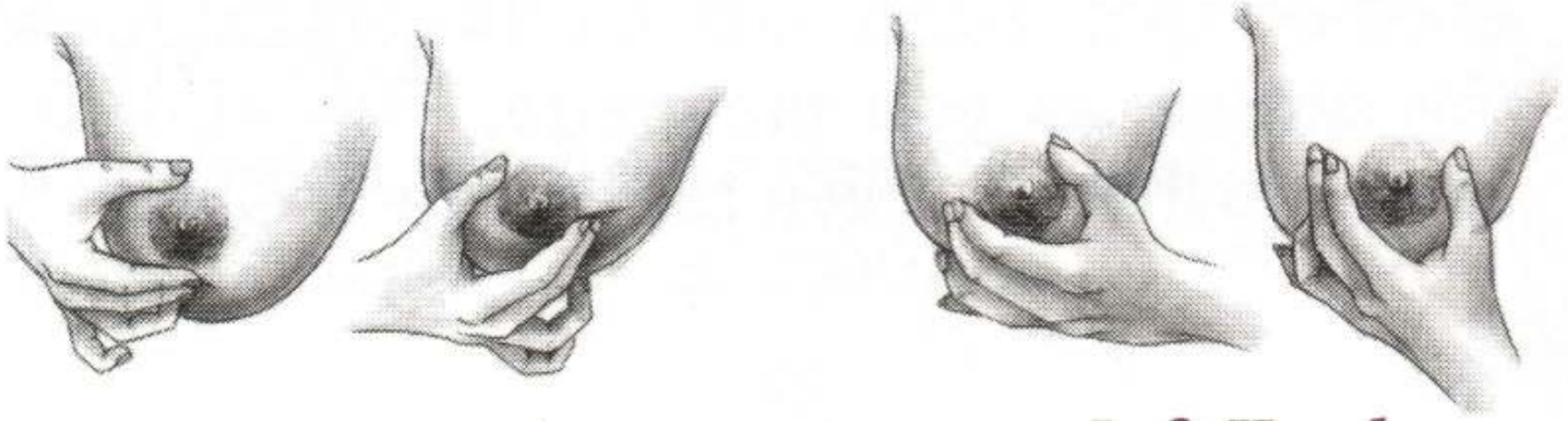


**(A)** *Place the finger and thumb on the areola and press inwards towards the chest wall.*



**(B)** *Press the areola behind the nipple between the finger and thumb*

## ***Repeat the process around the edge of areola***



**1**



**2**



**3**

# When to Express Breastmilk?

- If baby not able to suckle
- Express soon after delivery
- (by 6 hours preferably)

# How Long to Express Breastmilk?

Reason	Length
To get colostrums – baby not able to suck	5-10 min every 1-2 hours
To increase milk production	20 min every 2 hours (at least 6 times or more per 24 hours)
Just softening the areola	3 or 4 times
To clear a blocked duct	Compress & massage until the lump has cleared
Working mother	15 min or 30 min

# Expressing Colostrum



# What not to do during milk expression

- Not touch the mother's breast when teaching hand expression
- Mother should not squeeze the nipple itself
- Should avoid sliding or rubbing her fingers along the breast when compressing
- If both expressing and breastfeeding an older baby
  - Express first, then breastfeed so that able to get fat-rich hind milk more efficiently

# Check list for choosing a breast pump

*(if mother using pump to express)*

- Does the mother find it works well?
- Is it easily available at an affordable price?
- Is it comfortable to use: arm position, weight, adjustable suction
- Is the size of the breast cup/funnel and insert if available, suitable for the size of the nipple & breast?
- Can Milk be stored in a collection container, in standard thread containers, or is there a need to purchase special container?
- What is the noise level when in use?
- Is it safe to use & easy to clean & sterilise?
- Is it easy to assemble with few parts?
- Are there clear instructions for use?

## **2. How to cup feed a baby**



# ***Feeding expressed breastmilk to the baby***

Babies who are not fed at the breast can be fed by:

- Naso-gastric or oro-gastric tube **(cannot suckle & swallow)**
- Syringe or dropper **(not more than 0.5 ml at a time)**
- Spoon
- Direct expression into the baby's mouth **(cleft palate)**
- Cup



# Cup Feeding

## Cup feeding can be used for:

- babies who are able to swallow but cannot (yet) suckle well enough.
  - have difficulty attaching well
  - attach & suckle for a short time
  - tire quickly before obtained enough milk
- A baby of 30-32 weeks gestation can often



# ***Cup Feeding a Baby***

- Hold baby sitting upright or semi-upright on your lap.
- Hold small cup to the baby's lips.
- Tip the cup so that the milk just reaches the baby's lips.
- The cup rests lightly on the baby lower lip & the edges of the cup touch the outer part of the baby lip.



# Advantages / Disadvantages

## Advantages

- Readily available
- Safe (allow the baby to control the amount&rate feeding)
- Avoid nipple confusion
- Less chance of contamination
- Pleasant for the baby
- To use his or her tongue and to learn tastes
- Stimulates the baby's digestion
- Encourages coordinated breathing/suck/swallow

## Disadvantages

- Milk can be wasted if the baby dribbles
- Prefer the cup more if they do not go to the breast regularly
- SCN Nurse may prefer Cup feeding to be used instead of getting the mother to come for direct breastfeeding because it is easy to do

# ***Other method of feeding - Supplementary Nursing System***





# ***Other method of feeding - S N S with Syringe***



# **3. Method of Storing and Thawing Expressed Breastmilk**



# ***Storing Expressed Breastmilk***

## **General guidelines:**

- Wash hands when handling
- Container must be suitable
  - glass/plastic-covered
  - very clean/sterile (was water and rinse with hot water)
- Store only the amount required in one container that the baby take at one feeding
- If several containers, should be labelled with name and date. Use oldest milk first.



# ***Storing Expressed Breastmilk***



# Storage Method

Method of storage	Healthy Baby	Ill Baby
<b>Fresh Milk</b>		
Room Temperature (25° - 37°C)	4 hrs	4 hrs
Air condition Room 15° - 25°C	8 hrs	-
< 15°C	24 hrs	-
Refrigerator (2° - 4°C)	< 8 days	48 hrs
<b>Frozen Milk</b>		
Freezer compartment inside refrigerator (1 door fridge)	2 weeks	2 weeks
Freezer part of a refrigerator-freezer (2 doors fridge)	3 months	3 months
Separate deep freeze	6 months	3 months
Thawed in a refrigerator	24 hrs (do not refreeze)	12 hrs (do not refreeze)

# Breastmilk Storage



**3 months**  
Freezer part of a  
refrigerator-freezer



**8 days**  
Refrigerator  
(2° - 4°C)



**6 months**  
Deep freeze

# *Maintain cold chain during transportation*



# Thawing

- Frozen breastmilk may be thawed slowly in a refrigerator and used within 24 hours.
- It can be defrosted by standing in a jug of warm water and used within one hour, as it is warm.
- Do not boil milk or heat it on the stove, over a direct fire or in a microwave oven
  - this destroys some of its properties and can burn the baby's mouth.

***\*\*Milk should not be stored above 37°C***



# *Thawing*

- Warm only the amount of milk that will be used at one feeding. Milk cannot be saved once it has been warmed.
- The fat may separate out in small globules. Gently shake it to recombine the fat with the rest of liquid.
- Feed the milk to the baby with a cup. A spoon may be used for small amounts.



# **Pair practice: Learning to hand express**



# Summary

- If mother-baby separated, teach and help mother to maintain lactation
- Various ways of milk expression but hand expression is preferred
- **EBM** can be given by various method
- Proper management of **EBM** is important to ensure babies health

# THANK YOU