

can stay up to 6 months in a tightly closed container.

## What is the importance of male involvement in the expression of breastmilk?

Male involvement in expressing breastmilk is very important as:

- ❑ Husbands can massage the wives' backs to help them relax and have a good flow of breastmilk during expression.
- ❑ Fathers can also feed the baby with a cup thereby building closeness with the baby.
- ❑ Fathers can also hold the baby while mother expresses the milk.



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# Expressed Breastmilk

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## What is expressed breastmilk?

Expressed breastmilk is the human milk that is squeezed from the breast of a breastfeeding woman for the baby.

## When should a mother express breast milk?

- ❑ If the mother is away from her baby for two or more hours.
- ❑ If the baby is weak.
- ❑ To keep up the supply of breast milk when the mother or the baby is ill.
- ❑ When the breasts are too full or when she has a blocked duct.

## How can a mother express breast milk?

1. Wash hands with soap and clean water.
2. Prepare a clean container with a wide mouth by washing it with water and soap, and then rinse it thoroughly in clean water.
3. Sit or stand in a comfortable position in a quiet, private place and put a warm damp cloth on the breasts.
4. Ask your partner to rub your back, neck and breast up and down gently to help with flow of milk. A warm shower or bath also helps to improve milk flow from the breasts.
5. You can help milk-flow by gently pulling at the nipple of your breast.
6. Put your thumb on the dark part of the

- breast (areola) above the nipple and the first finger below the breast on the areola. Support the whole breast with the other fingers.
7. Gently press the thumb and your first finger together. Press and release; press and release to allow the breast milk to start flowing. This should not hurt. If it hurts then you are doing something wrong.
  8. The expressed breast milk should be squeezed in the clean container with a wide mouth you earlier prepared.
  9. Do not squeeze the nipple itself or rub the fingers along your skin. Your fingers should roll over the breast.
  10. Press the same way on the sides of the dark part of the breast in order to empty all parts of the breast. Express milk from one breast for 3 to 5 minutes until the flow of breast milk slows, and then express from the other breast.
  11. Repeat the process on both breasts for at least 20 to 30 minutes. Change hands when one gets tired.



## How do you feed your baby expressed breast milk?

- ❑ Stand the container with expressed breast milk in hot water to warm it before feeding the baby.
- ❑ Feed the baby using a clean cup.
- ❑ Feed the baby by putting the cup on the lower lip and allow the baby to take small amounts of breast milk.
- ❑ Do not pour milk into the baby's mouth as the baby may get choked.

## How long can expressed breast milk stay without going bad?

Expressed breast milk can stay long hours without going bad depending on the temperature, how the milk is handled and how the milk is stored. It is important to follow hygiene rules such as hand washing, and use of clean containers.

- ❑ Expressed breast milk can stay up to 8hrs at room temperature without going bad.
- ❑ In a fridge it can stay up to 24hrs.
- ❑ In a deep freezer it

