

- Breast milk should never be refrozen.
- Breast milk may be kept in a refrigerator freezer compartment for 2 weeks, and in a deep freezer for up to 3 months, and a chest freezer for up to 6 months.
- Once breast milk is thawed it is not as bacteria-resistant as fresh breast milk. It should be kept in a refrigerator and used within 24 hours.
- Warm cooled or frozen breast milk slowly. Swirling the container under a tap or running warm (not hot) water.
- Breast milk can be safely thawed in your refrigerator and be warmed when needed.
- Remember to only warm the needed amount of breast milk at a time to avoid wasting unused milk.

EXCLUSIVE BREASTFEEDING...



Tips on how to continue a good milk supply during your absence and how to ensure there is sufficient milk for your baby while at home:

- Breastfeed early in the morning upon waking.
- Give your baby a quick extra breastfeed just before leaving for work.
- During tea or lunch breaks, express breast milk into clean containers and store in a refrigerator, cool place or a cooler bag with ice

cubes.

- This milk will be taken home where it can be refrigerated. Gently heat the milk and feed it to the baby the following day.
- After work, relax with your baby and enjoy breastfeeding your baby.
- Breastfeed again later in the evening and at least once during the night.

NOTE TO FATHERS...

Working mothers are very busy people. There may be little time for breastfeeding while at home, especially if there are other children to care for. Support from the father and family is essential. The father needs to reassure the mother of his support throughout the breastfeeding period. He should ensure that the mother has adequate time to rest and breastfeed. He can do this by relieving her of some of the household chores and helping out with the other children.

Gauteng Breastfeeding Forum leaflet: Revised and adapted by Dr. E. van Rooyen & M. Gilfillan Kalafong hospital, 2013

BREASTFEEDING AND WORKING?

Yes You Can!

Unfortunately, most work situations don't cater for working mothers with young breastfeeding babies. A mother therefore has additional worries about finding a reliable caregiver and deciding how her baby should be fed in her absence. Despite all the challenges a mother might face, it is still possible to breastfeed her baby after returning to work.



Working mothers who are unable to continue breastfeeding should not feel that they have failed. It's considered much better to breastfeed for a few months than not to breastfeed at all. Even short periods of breastfeeding can give babies the best possible start to nutrition in life.

BEFORE RETURNING TO WORK...

- All women are entitled to four months of maternity leave
- The longer the mother can stay at home, the easier it will be to continue breastfeeding after returning to work.
- The time spent at home with the baby is important for the mother.
- During this time, the mother should rest as much as possible and enjoy this special time with her baby.
- Frequent feeding will help establish a good milk supply.

PREPARING TO RETURN TO WORK...

- During maternity leave establish a good milk supply of breast milk by feeding frequently.
- Learn to express milk by hand or how to use a breast pump.
- One week before returning to work, introduce the baby to occasional feeds of expressed milk, using a cup.

One of the risks of introducing bottles is that the baby may reject the breast in favour of the bottle. For this reason it may help if someone else cup-feeds the baby. The baby will then associate the mother with exclusive breastfeeding.

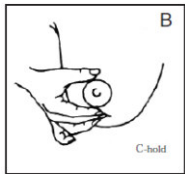
- Find a reliable caregiver who will support you to continue breastfeeding.
- Purchase cups and containers for storing breast milk.
- During the last week before returning to work, introduce your baby to the caregiver.

- On the first day, leave the baby with the caregiver for about an hour when the baby doesn't need to feed.
- A few days later, leave the baby for a longer time and leave enough expressed breast milk to be fed to the baby.
- This gives both the caregiver and the baby a chance to gradually get to know one another.
- Make sure the caregiver knows the correct way to warm breast milk and how to use the cup for feeding.
- Use warm water to heat the milk and not boiling water.

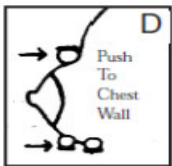
It is important to know how much your baby needs per feed. Work out before returning to work how much breast milk you need to express for a day's feeds.

HOW TO EXPRESS BREASTMILK

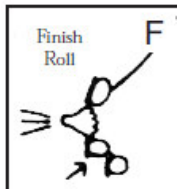
- Encourage your milk to flow - Find a place to sit relaxed and comfortable and think of your baby. A picture of your baby or looking at your baby whilst rubbing and messaging your breast also helps your milk to flow.



Firstly, roll your nipple between your fingers and thumb to make it stand out. Make a C-shape with your thumb and fingers, and cup your breast. Feel back from the nipple to where the breast tissue feels different, about 2-3cm from the nipple. You may feel a change in the breast tissue at this point, sometimes it feels "knobbly", sometimes slightly firmer. You are now touching the skin above the dense, milk-making tissue.



Then, holding your finger and thumb in this c-shape, press back towards your rib cage. This brings your finger and thumb back into the dense, milk-making tissue, away from the areola and ducts near the nipple.



Finally, press your fingers and thumb together, so that they press into the milk-making tissue, and milk will begin to appear in droplets at the nipple. Release the pressure and repeat the compression again. Use a sterile cup or bowl to collect it, and try to build up a rhythm. Try not to slide your fingers over the skin, as this will hurt and it will be more difficult to express milk.

This information was downloaded from www.realbabymilk.org

- All these actions need to be repeated at different angles by rotating the position of the hand, all around the breast to ensure that maximum milk is expressed from all the ducts in the breast. You can keep changing breasts until the milk slows or stops.

- This takes time and patience so it is important that you are completely relaxed and comfortable and that you are not in a hurry. Being nervous and pressed for time will slow down the process even further.

HOW TO CUP FEED YOUR BABY



- Gently wrap your baby in a blanket to restrain the arms from spilling the milk in the container.
- Hold your baby on your lap in an upright position.
- Do not overfill the cup with milk to avoid unnecessary spilling or messing.
- Place the cup to the baby's lips and tip the cup so that the milk is brought to the baby's lips and wait for the baby to lap the milk from the cup.
- Keep the milk level at the baby's lips as the baby is continuing to lap the milk and do not try to force the baby to sip by pouring the milk into the baby's mouth.

- This takes time and patience so make sure that you have everything you need nearby to complete the feed.

STORING AND REHEATING BREASTMILK

Fresh breast milk ...

- Fresh milk should be used whenever possible.
- Expressed breast milk has antibacterial properties and may be stored in a cool place, in a clean closed container away from sun and heat.
- Take a "six-pack" cooler bag to work.

Freshly expressed breast milk should be tightly capped and refrigerated. Use within 24 hours of expressing. If not refrigerated; use within 8 hours.

Frozen milk....

- Pour excess expressed milk into a clean container and freeze.
- Use a small, clean covered container and do not overfill.
- Before freezing, mark frozen milk with the date and use the oldest milk first.
- Never add fresh breast milk to frozen breast milk.
- The warm milk will thaw the top layer of the frozen milk and may result in spoiling it.