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وزارة شؤون الرئاسة  
مبادرات صاحب السمو رئيس الدولة  
مستشفى الشيخ خليفة العام | أم القيوين



## A SIMPLE GUIDE TO SUCCESSFUL BREASTFEEDING

## In this booklet

1. Why breastfeeding is important?
2. How does breastfeeding protect your baby and you?
3. How breastmilk is made?
4. After your baby is born –skin to skin contact.
5. Learning to breastfeed? how long and how often should you breast feed?
6. Different positions for breastfeeding.
7. Bringing your baby to the breast.
8. Signs that your baby is feeding well.
9. How do I know my baby is getting enough milk?
10. How much milk do babies typically drink?
11. Making plenty of milk.
12. Expressing milk.
13. Storing expressed breastmilk.
14. Breast feeding after returning to work or study.
15. How can dads and partners support breastfeeding?
16. Where can I get help for breastfeeding?

## 1. Why Breastfeeding is important?

The World Health Organization recommends all mothers to exclusively breast feed their babies for the first 6 months of life and thereafter to be continued with other complimentary food upto the age of two years or beyond to achieve proper growth and development.



## 2. Breastfeeding protects babies

- 2.1. Early breast milk (Colostrum) is Known as liquid gold. Colostrum is the thick yellow first breast milk that you make during pregnancy and just after birth. This milk is very rich in nutrients and antibodies to protect your baby from infections and other diseases. It also reduces baby's chances of getting some illnesses later in life.
- 2.2. Breastfeeding also helps you and your baby to get closer –physically and emotionally. So while you are feeding your baby, the bond between you and your baby grows stronger.
- 2.3. Breast milk is easier to digest.
- 2.4. Breast milk fights diseases.

### Babies who are NOT breastfed have an increased chance of:

1. Diarrhea and vomiting.
2. Chest infections.
3. Ear infections.
4. Being constipated.
5. Becoming obese, which means they are more likely to develop type 2 diabetes and other illnesses later in life.



# The Breastfed Baby

## Immune system.

Responds better to vaccinations. Human milk helps to mature immune system. Decreased risk of childhood cancer.

## Skin.

Less allergic eczema in breastfed infants.

## Joints and muscles.

Juvenile rheumatoid arthritis is less common in children who were breastfed.

## Throat.

Children who are breastfed are less likely to require tonsillectomies.

## Eyes.

Visual acuity is higher in babies fed human milk.

## Ears.

Breastfed babies get fewer ear infections.

## Higher IQ.

Cholesterol and other types of fat in human milk support the growth of nerve tissue.

## Endocrine system.

Reduced risk of getting diabetes.

## Mouth.

Less need for orthodontics in children breastfed more than a year. Improved muscle development of face from suckling at the breast. Subtle changes in the taste of human milk prepare babies to accept a variety of solid foods.

## Bowels.

Less constipation.

## Urinary tract.

Fewer infections in breastfed infants.

## Appendix.

Children with acute appendicitis are less likely to have been breastfed.

## Kidneys.

With less salt and less protein, human milk is easier on a baby's kidneys.

## Respiratory system.

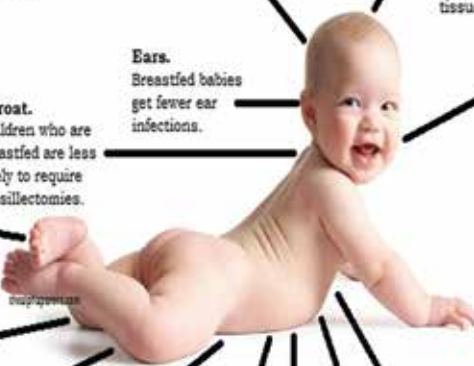
Breastfed babies have fewer and less severe upper respiratory infections, less wheezing, less pneumonia and less influenza.

## Heart and circulatory system.

Breastfed children have lower cholesterol as adults. Heart rates are lower in breastfed infants.

## Digestive system.

Less diarrhea, fewer gastrointestinal infections in babies who are breastfeeding. Six months or more of exclusive breastfeeding reduces risk of food allergies. Also, less risk of Crohn's disease and ulcerative colitis in adulthood.



## Breastfeeding is good news for mums as:

1. It lowers the risk of mother getting breast cancer, ovarian-cancer, type 2 diabetes, postpartum depression.
2. Benefits child spacing as exclusive breast-feeding delays ovulation for first 6 months.
3. It naturally uses up about 500 extra calories a day so mothers who breastfeed may find it easier to lose their pregnancy weight.
4. It saves money –as she doesn't have to spend on formula feeding
5. Nursing mothers miss less work. Breastfeeding mothers miss fewer days from work because their infants are sick less often.
6. Breastfeeding can feel great. Oxytocin is a hormone that helps milk flow and can calm the mother.

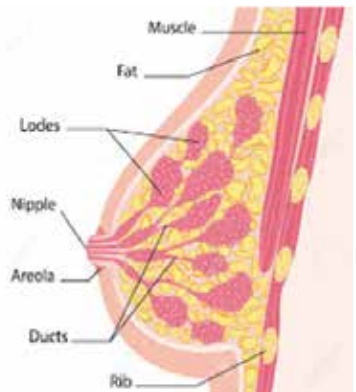


## 3. How breast milk is made?

### 3.1. Function of your breasts:

Milk production occurs within the alveoli, which are grape-like clusters of cells within the breast. Once the milk is made, it is squeezed out through the alveoli into the milk ducts, which resemble highways. The ducts carry the milk through the breast.

The size of your breasts does not affect your ability to breastfeed. Women with small breasts make the same quantity and quality of milk as women with larger breasts.



### 3.2. Function of your brain

When your baby suckles, it sends a message to your brain. The brain then signals the hormones, prolactin and oxytocin to be released. Prolactin causes the alveoli to begin making milk. Oxytocin causes muscles around the alveoli to squeeze milk out through the milk ducts.

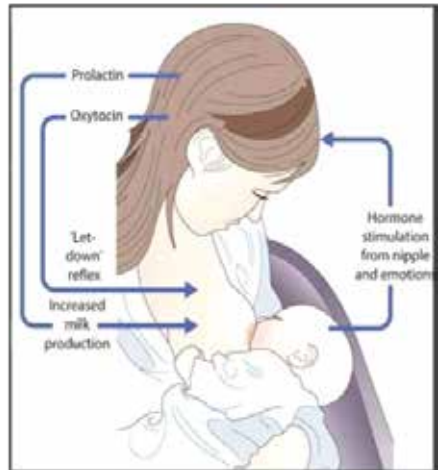
When milk is released, it is called the let-down reflex.

Signs of milk release are:

- Tingling, fullness, dull ache, thirst or tightening in the breasts (although some moms do not feel any of these sensations).
- Milk dripping from the breast.
- Uterine cramping after you put baby to the breast during the first few days after birth.

To encourage your milk to release, try these methods:

- Find ways to relax, such as going to a calm place or trying deep breathing.
- Place a warm compress on your breasts before breastfeeding.
- Massage your breasts and hand express a little milk.



After you've been breastfeeding for a while, the let-down reflex can happen for many other reasons, like when you hear your baby cry, or you see or think of your baby. It can happen at the time of day you usually breastfeed your baby, even if your baby is not around.

### 3.3. How does the baby influence the milk production?

The more milk your baby drinks, the more milk your body will make. Frequent breastfeeding or milk removal (8-12 times or more every 24 hours), especially in the first few days and weeks of your baby's life, helps you make a good milk supply.

## 4. After your baby is born (skin to skin contact)

Holding your baby against your bare chest straight after birth within 5 minutes is called 'SKIN TO SKIN CONTACT' and it is continued uninterrupted for at least one hour. As soon as the baby shows readiness to feed, the nurse will assist you in feeding your baby.

### 4.1. Advantages of skin to skin contact

- It will calm your baby.

- It will also steady his breathing and help to keep him warm.
- It is the best time to start your first breast-feed because your baby will be alert and will want to feed in the first hour after birth.
- This will stimulate your body to produce plenty of milk.
- Promotes bonding.
- It helps reduce your pain.



## 5. Learning to breastfeed

Breastfeeding is a process that takes time to master. Babies and mothers need to practice. Keep in mind that you make milk in response to your baby sucking at the breast. The more milk your baby removes from the breasts; the more milk you will make.

5.1. After you have the baby, the following steps can help you get off to a great start:

- Breastfeed as soon as possible after birth.
- Ask for an on-site lactation consultant to come help you, if required.
- Do not give your baby other food or formula, unless it is medically necessary. Allow your baby to stay in your room all day and night so that you can breastfeed often.
- Avoid giving any pacifiers or artificial nipples to the baby so that he or she gets used to latching onto just your breast.

5.2- How long should I breastfeed?

- There is no set time. Your baby will let you know when he or she is finished. If you are worried that your baby is not eating enough, talk to your nurse or doctor. Feedings may be 15 to 20 minutes or longer per breast.

5.3- How often should I breastfeed?

Breastfeed as soon as possible after birth, then breastfeed at least 8 to 12 times every 24 hours to make plenty of milk for your baby. Healthy babies develop their own feeding schedules. Follow your baby's cues for when he or she is ready to eat.

Feeding your baby in accordance to hunger cues is called demand feeding



## Advantages of demand feeding

- Baby gets more colostrum therefore more protection from illness.
- It helps in faster development of milk supply and establishment of breast-feeding.
- Faster weight gain
- Less breast engorgement
- Mother learns to respond to her baby.
- Less chance for neonatal jaundice.
- Less crying, so less temptation to supplement.
- Longer breastfeeding duration.

### Hunger cues

**Early Cues - "I'm hungry"**

Stirring      Mouth opening      Turning head  
Seeking/rooting

**Mid Cues - "I'm really hungry"**

Stretching      Increasing physical  
movement      Hand to mouth

**Late Cues - "Calm me, then feed me"**

Crying      Agitated body  
movements      Colour turning red

**Time to calm crying baby**

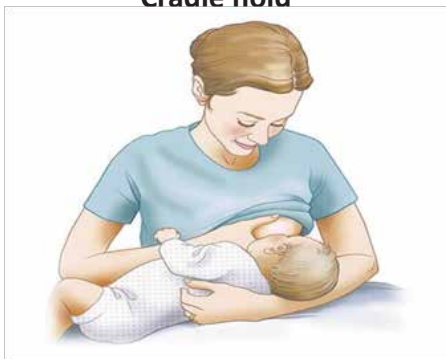
- Cuddling
- Skin-to-skin on chest
- Talking
- Stroking



## 6. Different positions for breastfeeding

Keep trying different positions until you are comfortable. You can use pillows under your arms, elbows, neck, or back to give you added comfort and support. Improper positioning can cause severe backpain and shoulder pain. Successful breastfeeding can be done only if the baby is positioned well. To help easy sucking and swallowing the following are the common positions you can refer to:

**Cradle hold**



**Cross cradle**



**Side Lying**



**Laid Back**



**Foot Ball Hold**



## 7. Bringing Your Baby to the Breast

Latching is the process by which your baby takes your nipple and areola into the mouth. Without a proper latch your baby will not get the needed milk.

The steps below can help you get your baby to “latch” on to the breast to start eating.

Keep in mind that there is no one way to start breastfeeding.

**Step 1:** Hold your baby’s whole body close with his nose at the level of your nipple. make sure your baby’s head, neck and spine are aligned, not twisted. Support his neck, shoulders and back. He should be able to tilt his head back easily, and he shouldn’t have to reach out to feed.



**Step 2:** Let your baby’s head tip back a little so that his top lip can brush against your nipple. This should help your baby to make a wide open mouth

**Step 3:** When your baby’s mouth opens wide, his chin is able to touch your breast first, with his head tipped back so that his tongue can reach as much breast as possible



**Step 4:** With his chin firmly touching and his nose clear, his mouth is wide open and there will be much more of the darker skin visible above your baby’s top lip than below his bottom lip. Your baby’s cheeks will look full and rounded as they feed.

## 8. Signs that your baby is feeding well

- Your baby has a large mouthful of breast.
- Your baby’s chin is firmly touching your breast.

- It doesn't hurt you when your baby feeds (although the first few sucks may feel strong).
- If you can see the dark skin around your nipple, you should see more dark skin above your baby's top lip than below your baby's bottom lip.
- Your baby's cheeks stay rounded during sucking.
- Your baby rhythmically takes long sucks and swallows (it is normal for your baby to pause from time to time).
- Your baby finishes the feed and comes off the breast on his or her own

## 9. How do I know if my baby is getting enough milk?

You can tell if your baby is getting enough milk if he or she is mostly content and gaining weight steadily after the first week of life.

Other signs that your baby is getting enough milk:

1. baby is passing enough clear or pale yellow urine, and it is not deep yellow or orange.
2. baby has enough bowel movements (see the chart below).
3. baby switches between short sleeping periods and wakeful, alert periods.
4. baby is satisfied and content after feedings.
5. Your breasts feel softer after you feed your baby

NB: Talk to your doctor or nurse if you are worried that your baby is not drinking enough milk.

Minimum number of wet diapers and bowel movements in a baby's first week (it is fine if your baby has more) 1 day = 24 hours			
Baby's age	number of Wet DIAPERS	number of stool per day	Color and Texture of stool
Day 1 (first 24 hours after birth)	1	The first one usually occurs within 8 hours after birth	Thick, tarry, and black
Day 2	2	3	Thick, tarry, and black
Day3	5-6	3	Looser greenish to yellow (color may vary)
Day4	6	3	Yellow, soft, and watery
Day5	6	3	Loose and seedy, yellow color
Day6	6	3	Loose and seedy, yellow color
Day7	6	3	Larger amounts of loose and seedy, yellow color



## 10. How much milk does a baby drink?

Your baby's stomach is only in size of an olive. Colostrum (first milk) comes in very small amounts. As the baby grows, the stomach size also increases along with mother's milk supply.

Medications and vitamin supplements are allowed with breastfeeding.

## 11. Transition of breastmilk from 'colostrum' to 'mature milk'.

Your breasts will easily make and supply milk directly in response to your baby's needs. The more often and effectively a baby breastfeeds, the more milk will be made

## Normal stooling pattern during your baby's first week



## What will happen with you, your baby, and your milk in the first few weeks

Time	Milk	The baby	You
<b>birth</b>	Your body makes colostrum (a rich, thick, yellowish milk) in small amounts. It gives your baby a healthy dose of early protection against diseases.	Will probably be awake in the first hour after birth. This is a good time to breastfeed your baby	You will be tired and excited.
<b>First 12-24hrs</b>	Your baby will drink about 1 teaspoon of colostrum at each feeding. You may or may not see the colostrum, but it has what the baby needs and in the right amount.	It is normal for the baby to sleep heavily after the first feed. Initial Feeding may be short and disorganized. As your baby wakes up, take advantage of your baby's strong instinct to suck and feed. Many babies like to eat or lick, pause, savor, doze, then eat again	You will be too tired. Be sure to rest.
<b>Next 3-5 days</b>	Your white milk comes in. It is normal for it to have a yellow or golden tint first. Talk to a doctor and lactation consultant if your milk is not yet in	Your baby will feed a lot (this helps your breasts make plenty of milk), at least 8-12 times or more in 24 hours. babies don't eat on a schedule, because breast milk is more easily digested than formula, breastfed babies eat more often than formula-fed babies. It is okay if your baby eats every 2-3 hours for several hours, then sleeps for 3-4 hours. Feedings may take about 15-20 minutes on each side. The baby's sucking rhythm will be slow and long, You might hear gulping.	Your breasts may feel full and leak. (You can use disposable or cloth pads in your bra to help with leaking.)
<b>at 4-6 weeks</b>	White breast milk continues	Your baby will likely be better at breastfeeding and have a larger stomach to hold more milk. Feedings may take less time and will be farther apart.	Your body gets used to breastfeeding so your breasts will be softer and the leaking may slow down.

## Top tips

- Try not to give your baby other food or drink .
- The more breast milk you give your baby; the more milk you will produce.
- Giving other food or drink will reduce your milk supply.
- If you give your baby less breast milk, it will not protect your baby against illness as effectively.
- Feeding your baby solid food before they are ready (they are ready at around 6 months) can cause indigestion and food intolerance.
- Make sure your baby is properly latched or attached to your breast (see the steps of latching; Number :7) It will help you to have a good supply of milk and your baby will get a good feed.
- Good attachment helps to prevent sore nipple.
- Try not to give a dummy/pacifier.
- Babies who use pacifier may find it difficult attach to mother's breast.



## 12. Milk Expression

### 12.1. What does 'milk expression' mean?

Milk expression means squeezing milk out of your breast.

- You can do milk expression by hand or with a hand pump or an electric pump.
- Different pumps suit different women, so ask for information to compare them.
- A pump needs to be clean each time it is used as per manufacture's recommendation

## 12.2. Why should I do milk expression?

- If you do milk expression, your baby will still be able to have breastmilk even if someone else is feeding them.
- This may be useful if you are away from your baby or returning to work or study.
- It will help to increase the milk supply.



## 12.3. When should I do milk expression by 'hand'?

You can do milk expression by 'hand' :

- If your breasts feel uncomfortably full.
- If your baby isn't sucking well but you still want to give him mum's milk.
- If you do not want to buy or use a pump to do milk expression.
- In the first few days it is easier to express by hand.

## 12.4. How to do milk expression by 'hand'?

- Wash hands with soap and water.
- Place your hand in C shape; thumb above and index finger below. Use other fingers to support the breast.
- Keep the thumb about 2 cm from the nipple, at the margin of the areola and feel a place where your breast feels different (like knots in a string)
- Press your thumb and fingers back towards your chest, and then press fingers towards each other, moving the milk towards the nipple.
- Release and repeat the pressure until the milk starts to come.
- Repeat in all parts of the breast by moving the fingers around the breast.
- Pour the milk into sterile wide-open container.





## 12.5. How to do milk expression for a baby who is premature or ill?

- If your baby has to stay in hospital, it is important to start milk expression as soon as possible after your baby is born, in order to ensure that you produce plenty of milk.
- You will need to express at least 8-12 times over 24 hours, including during the night.
- Ask the hospital staff about holding your baby in skin-to-skin contact (kangaroo care) This can help with bonding and keeping up your milk supply.

## 12.6. Benefits of Kangaroo Care

- It helps to keep baby warm
- Regulates baby's temperature and breathing
- Improves bonding between parents and baby.
- Decreases stress for baby and parents
- Increases mother's milk supply.
- Helps to sustain breastfeeding.
- Reduces infection rate and hospital stay.
- Enhances baby's growth and development.

All mothers are encouraged to do milk expression soon after kangaroo care as it helps to produce more milk.

## Storage tips

## 13. Milk Storage

### 13.1. Storage tips

- Clearly label the breast milk with the date it was expressed.
- Do not store breast milk in the door of the refrigerator or freezer. This will help protect the breast milk from temperature changes from the door opening and closing.
- If you don't think you will use freshly expressed breast milk within 4 days, freeze it right away. This will help to protect the quality of the breast milk.



- Freeze breast milk in small amounts of 2 to 4 ounces (or the amount that will be offered at one feeding) to avoid wasting breast milk that might not be finished.
- When freezing breast milk, leave about an inch of space at the top of the container because breast milk expands as it freezes.
- If you will be delivering breast milk to a childcare provider, clearly label the container with the child’s name and talk to your childcare provider about other requirements they might have for labeling and storing breast milk.
- Breast milk can be stored in an insulated cooler bag with frozen ice packs for up to 24 hours when you are traveling.

Once you arrive at your destination, milk should be used right away, stored in the refrigerator, or frozen.

**13.2. Safe Thawing of Breast Milk**

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# Human Milk Storage Guidelines

## STORAGE LOCATIONS AND TEMPERATURES

TYPE OF BREAST MILK	Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40 °F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best Up to 12 months is acceptable
Thawed, Previously Frozen	1–2 Hours	Up to 1 Day (24 hours)	<b>NEVER</b> refreeze human milk after it has been thawed
Leftover from a Feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding		

These guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your health care provider.

Find more breastfeeding resources at: [WICBreastfeeding.fns.usda.gov](http://WICBreastfeeding.fns.usda.gov)  
[www.cdc.gov/breastfeeding/](http://www.cdc.gov/breastfeeding/)



## 14. Breast feeding after returning to work or study

You do not need to stop breastfeeding just because you are returning to work or study.

### 14.1- Preparation before returning to work

- Learn to do milk expression-using hand and pump atleast 3 to 4 weeks before returning to work.
- Prepare an electric pump and refrigerator with freezer compartment for milk storage.
- Get the bottles or milk collection bags for the storage.
- During the maternity leave, exclusively breastfeed the baby on demand.

- Express the milk between the feeds, label it with date and time, and store it in freezer. This can be started 3 to 4 weeks before returning to work. It helps to increase milk supply.
- Identify a person at home to take care of your baby in your absence and teach her/him about your feeding plan.

#### 14.2- Milk expression at work

- Try to feed your baby before you go to work.
- Collect milk every 3 hours. Do not wait till you feel the breast fullness.
- You may club your lunch breaks with your milk expression time.
- Collect and store milk in refrigerator with date and time.
- Feed the baby soon after you return from work.

### 15. How can the spouse and family support breastfeeding?

A supportive and encouraging partner, spouse, or family member can encourage and help a breastfeeding mother meet her goals. Women are much more likely to breastfeed for longer when they have their partner's support. This leads to a greater sense of achievement for mother, and health benefits for both mother and baby. Here are some ways to help the breastfeeding mother.

- Offer encouragement.
- Give mom an opportunity to rest or nap by holding the baby between feedings.
- Make nutritious meals and snacks for mom to help increase her energy.
- Help to clean the house or hire help for mom to decrease these other responsibilities.
- Offer to drive mom to any medical appointments.
- If she is struggling, help her in finding solutions to her problems.
- As she returns to work or studies, assist her in taking care of her baby at home.

### 16. Where can I get help for breastfeeding?

If you need any support after discharge from the hospital:

- Get an appointment for the lactation clinic during working hours- sunday to Thursday from 08.00 AM- 04.00 PM
- You can contact Lactation hotline number for SKGH Umm Al Quwain - 0564805314. This service is available 24/7.



World Health  
Organization

unicef 

SUPPORT MUMS TO BREASTFEED  
ANYTIME, ANYWHERE



WE CAN **ALL** HELP MAKE SOCIETY  
BREASTFEEDING-FRIENDLY

## Have a question about breastfeeding?

- Call SKGH Umm Al Quwain lactation Hotline number- 056 480 5314
- To book an appointment at lactation clinic or any other department  
Call 06 706 1000
- Lactation clinic working hours Sunday- Thursday 08.00 AM- 04.00 PM



First issue: January 2021

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