

BREASTFEEDING YOUR BABY



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Breast milk contains all the essential vitamins, minerals and nutrients necessary for your baby's growth and development, especially in the first 4 to 6 months. Below are some useful tips on breastfeeding.



Cradle Position



Cross-Cradle Position



Football Hold



Side-lying

Breastfeeding positions

Stay awake when breastfeeding. Falling asleep when nursing may result in accidental smothering of your baby. Place your baby back in the cot when he has finished feeding.

Latching your baby

A good latch is important for effective breastfeeding and prevention of sore nipples.

How to tell if baby is latched well?

- Baby's chin is touching your breast and his nose is slightly away.
- Baby's mouth is wide open, covering the areola (dark area around the nipple).
- Baby's lips form a seal on the breast, with the lower lip turned out.
- You feel the initial tug on your nipple and there is no pain/discomfort.
- Baby is sucking and swallowing with no clicking sounds heard.



Tongue behind gum ridge.
Nipple is pinched
and milk cannot flow.



Tongue over gum ridge.
Nipple drawn far into
mouth and milk flows.

How to ensure a constant supply of milk?

- Breastfeed regularly on demand, 8 to 10 times a day.
- When unable to feed, express every 3 – 4 hours to keep your milk production going.
- Have a balanced diet to ensure sufficient nutrients for milk production.
- Avoid alcohol and tobacco, and limit your caffeine intake as these can affect milk production.



COMMON BREASTFEEDING ISSUES AND HOW TO OVERCOME THEM

Problem: Sore or cracked nipples

Cause: Your baby is not latched on properly

Solution:

- Gently take your baby off your breast and re-latch to ensure baby latches onto the areola.
- Reduce the nursing duration but increase the number of feeds.
- Breastfeed on the unaffected breast, but express milk from affected breast.
- Rub a few drops of breast milk on the nipples to soothe them.
- Apply nipple cream to affected nipple.

Problem: Engorgement

Cause: Missed feeds

Solution:

- Massage your breast before feeding.
 - Massage your nipple and areola with your thumb and index finger.
 - Massage the main area of the breast with both hands using the pulp of your fingers.
 - Ensure you cover all parts of the breast.
- Express some breast milk before nursing if your baby has trouble latching on.
- Express after the feed if your breast still feels hard or swollen.
- Use cold packs in between feeds to soothe the swelling.

Problem: Plugged ducts

Cause: A blocked milk duct which is not draining well into the nipple

Solution:

- Massage your breast before feeding.
- Start nursing from the affected breast first.



Breastfeeding your baby



Nutrition during Breastfeeding



Medications in Breastfeeding



Breast massage For lactating Mothers



INTEGRATED MATERNAL AND CHILD WELLNESS HUB

BREASTFEEDING: GOING BACK TO WORK

Before Going Back To Work:

- Start expressing and storing your milk as early as 2 to 4 weeks after delivery.
- Introduce your baby to the bottle by replacing 1 or 2 feeds per day from about 4 to 6 weeks.

At Work:

- Breastfeed your baby before you go to work and as soon as you arrive home.
- While at work, express your milk at regular intervals.

Expressing Breast Milk

- Before you start, always wash your hands thoroughly and clean your breasts.
- Ensure all your equipment is clean and sterilised.
- Express your breast milk every 3 to 4 hours and keep it in sterile breast milk zipper bags or sterilised bottles before storing them in a fridge or freezer.



Manually with your hand



With a breast pump

STORAGE OF EXPRESSED BREAST MILK

PLACE OF STORAGE	TEMPERATURE	RECOMMENDED STORAGE DURATION
Freshly expressed milk in room temperature	25°C	4 hours
Freshly expressed milk in cooler with ice pack	15°C	24 hours
Freshly expressed milk in refrigerator	4°C	48 hours
Thawed breast milk in the refrigerator	4°C	24 hours
Frozen breast milk in freezer	-5 to -15°C	3 to 6 months
Frozen breast milk in deep freezer	-20°C	6 to 12 months

Warming Up Expressed Breast Milk

- Warm up breast milk in 40°C warm water
- Use the milk immediately within 1 hour
- Do not boil over stove or heat breast milk in a microwave
- Do not re-freeze or re-warm breast milk



Is Your Child Almost 6 Months Old?

Start thinking about introducing solid foods soon. Learn more about weaning here!



If you wish to donate your breast milk, please contact the Temasek Foundation Community Milk Bank Programme at 6394 1986; or email milkbank@kkh.com.sg



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