

Storage of expressed breast milk

Place of Storage	Temperature	Recommended Storage Duration
Freshly expressed milk in room temperature	25°C	Up to 4 hours
Freshly expressed milk in cooler with ice pack	15°C	Up to 24 hours (1 day)
Freshly expressed milk in refrigerator	4°C	Up to 48 hours (2 days)
Thawed breast milk in the refrigerator	4°C	Up to 24 hours (1 day)
Frozen breast milk in freezer	-5°C to -15°C	Within 6 months
Frozen breast milk in deep freezer	-20°C	6 to 12 months

Warming Up Expressed Breast Milk

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



Is your child almost 6 months old?

Scan this QR code to find out more on introducing solids



Source: KK Women's and Children's Hospital and Health Promotion Board

Resources

KK Women's and Children's Hospital

Lactation Helpline ☎ +65 6225 5554

Note: Leave your contact details with our telephone operator and our Lactation Consultants will return your call.

Association for Breastfeeding Advocacy Singapore

🌐 www.abas.org.sg

Breastfeeding Mothers' Support Group (Singapore)

Counselling Hotline ☎ +65 6339 3558

Website 🌐 www.breastfeeding.org.sg



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INTEGRATED MATERNAL AND CHILD WELLNESS HUB

Breastfeeding Your Baby



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An initiative by:



The pilot stage of the Integrated Maternal and Child Wellness Hub programme was first funded by Temasek Foundation from 2019 to early 2022.

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.

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 or discomfort.
- Baby is sucking and swallowing with no clicking sounds heard.



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



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

How long and how often do I feed my baby?

- Breast milk changes to mature milk by about 7 – 10 days after birth.
- The initial foremilk which is watery is low in fat, serves to satisfy the baby's thirst. The hindmilk that comes later, which contains more fat, nutrients and antibodies will satisfy baby's hunger and ensure weight gain.
- Allow your baby to suckle for as long as possible on one breast to ensure baby gets the high calorie hindmilk. This may take about 20 – 30 minutes or longer.
- Alternate the breasts for subsequent feeds.
- To remove the suction from the baby's mouth, insert the little finger at the side of the baby's mouth before removing the nipple from his mouth.

How do I know my baby is getting enough milk?

A baby who has enough milk is contented and wets about 6 to 8 diapers in 24 hours. Baby's urine should look clear. During the first two days after birth, your baby may only wet 2 to 3 diapers in 24 hours.

The number of wet diapers will increase by the 4th and 5th day with the increase in milk supply and your baby may have 3 to 8 stools (usually loose and soft) per day. Older babies may pass their stools less frequently.

Observations during the first week			Minimum Output	
Day	Type of stools		Stools	Urine
1	Sticky green black		2	1
2	Soft green black		3	3
3	Less sticky greenish brown		3	4
4	Lighter greenish brown / mustard yellow		3	4
5	Soft / loose mustard yellow		3	5

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.

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.

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 the affected side. 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.

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. Seek help early if unable to resolve the plugged ducts.

Scan the QR codes below for more information on the following:

