

BREASTFEEDING



PureLan and Breastshells

To keep nipples soft and supple you can apply 100% ultra pure lanolin (Medela PureLan™ 100) during the last weeks of pregnancy and after baby is born, at every feed. It need not be washed off before feeding as it is so pure and safe for baby. Medela Breast Shells used between feeds are also extremely beneficial for new moms.

Skin to Skin Contact

Putting baby in Skin to Skin Contact on Mum's chest at birth stabilizes the baby. Early latching within the first hour gives mum and baby the very best start on their breastfeeding journey. It also helps to establish a good milk supply sooner and has many other benefits.

Breast massage optimises milk flow

If the breast becomes very tense and the baby simply cannot latch on, massaging the breast and then expressing milk by hand, or carefully with a breastpump, can bring relief. Breast massage helps prevent engorgement and possible mastitis, as well as improving the milk flow.



Tips to tell whether your baby is getting enough breastmilk:

- ✓ Starting four days after the birth, your baby gains at least 120 to 210 grams a week.
- ✓ Your baby is attentive, looks healthy, has taut skin and grows in length and head circumference as per WHO charts.
- ✓ On average, your baby drinks from your breast six to ten times every 24 hours and swallows audibly.
- ✓ Once milk production has stabilised after 'coming in', you should use five or six nappies per 24 hours.
- ✓ During the first few months, your baby has at least two to five bowel movements every 24 hours. After about six weeks some babies may have fewer, but more intensive, bowel movements.

References: Breastfeeding for a happy, healthy baby. ©Medela AG, 6341 Baar/Switzerland, 2007

What is the range of "normal" when it comes to breastfeeding?



How often and how long?

The infants assessed for this study were:

- ! 1–6 months of age
- ! Perfectly normal full-term infants
- ! Exclusively breastfeeding on demand
- ! Growing according to the WHO growth charts



4–13

Number of breastfeeding sessions in a day



12–67 minutes

Average duration of a breastfeeding session



How much?

Infants will drain the breast once a day, but usually they feed to appetite and stop feeding when they have had enough or want to change to the other breast.

- ! From a single breast, the average volume an infant drinks is 75 mL (range: 30–135 mL)
- ! It is normal for one breast to produce more milk than the other



67%

An average breastfeed removes 67% of the milk from the breast



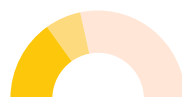
54–234 mL

Average amount of milk of a breastfeeding session (1 or 2 breasts)



One breast or both?

Infants have varied feeding patterns:
! 30% always take just one breast
! 13% always take both breasts, and
! 57% mix it up!



Night feeding is normal



64% Day & Night
36% Day only

- ! The majority (64%) of infants breastfeed day and night
- ! These infants spread their milk intake evenly throughout the 24 hours



- ! Only 36% of infants don't feed at night (10 PM to 4 AM)
- ! These infants have a large feed in the morning



Do boys and girls drink the same?



831 mL

Average daily amount taken by boys



755 mL

Average daily amount taken by girls

Boys do drink more than girls! Boy infants drink on average 76 mL more than girl infants.

Over a day, the average volume of milk consumed is 798 mL. But this varies from one infant who was drinking 478 mL to another drinking 1356 mL per day.

The range of normal...

478–1356 mL

Range of daily milk intake of exclusively breastfed infants who are growing according to the WHO charts.

Breastfed infants are indeed getting enough milk. As infants get older, they take fewer, shorter, larger feeds but their 24-hour (daily) intake will remain the same.

Between 3 and 6 months infants grow more slowly and have a relatively lower metabolic rate, so they don't need more milk.

1 Kent, J.C. et al. Volume and frequency of breastfeeds and fat content of breastmilk throughout the day. *Pediatrics* 117, e387–e395 (2006).
2 Kent, J.C. et al. Longitudinal changes in breastfeeding patterns from 1 to 6 months of lactation. *Breastfeed Med* 8, 401–407 (2013).

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Optimising milk removal

Reaching an adequate milk production is a journey that requires mothers to initiate, build and maintain their lactation. A mother's milk supply will increase during the first month of this journey.

The following information is relevant if a breast pump is being used after milk has "come in" (initiation), to build and maintain lactation.



2-Phase Expression

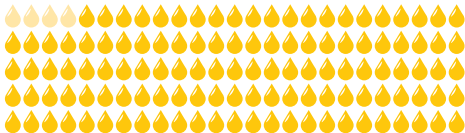
2-Phase Expression technology mimics the infant's natural sucking behaviour.

Stimulation phase

When infants attach to the breast to feed, they begin with a fast suck rate to prompt milk flow. Pumping with a stimulation phase of >100 cycles/minute mimics this.

Expression phase

Once milk flows, infants apply a slower suck rate to remove milk. Switching the pump to the slower expression phase of ~60 cycles/minute after milk ejection imitates this and supports milk removal.



Only 3.9 % of the total milk volume is removed before the first milk ejection (let down). Milk ejections facilitate the removal of the remaining 96.1 %.

- 3.9 % during stimulation phase
- 96.1 % during expression phase

2–14

milk ejections
in 15 min

Some mothers need to pump longer than others due to their number of milk ejections, which determines how often and long milk flows.

~15
minutes

Pumping should be continued until the breast feels well-drained, soft all over and the milk stops flowing, rather than for a fixed duration.



Double pumping

Double pumping with 2-Phase Expression technology is truly advantageous for mothers.

+1

milk ejection

Get an additional milk ejection and therefore more milk. Double pumping averages 4.4, single pumping 3.4.

18 %

more milk

Obtain on average 18% more milk volume when double pumping, compared to single pumping each breast.

8.3 %

fat content

Have milk with higher energy content. The fat content of the total pumped volume is 8.3 % compared to 7.3 % for single pumping.

2 hrs

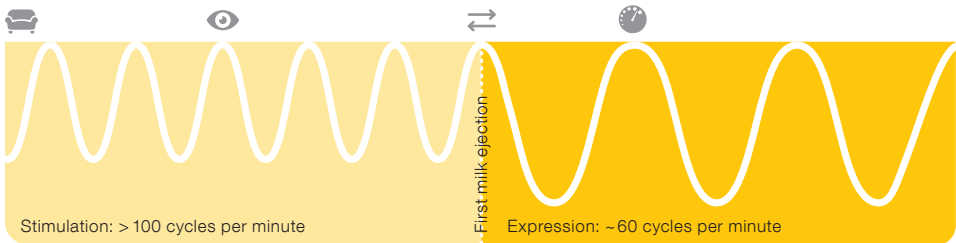
time saving

Save up to 2 hours per day by double pumping compared to single pumping, if exclusively pumping 8x/day.



Tips and tricks

The following tips and tricks can be helpful for a comfortable and efficient pumping session:



Relax

Being relaxed helps milk flow. Stress and adrenaline inhibit oxytocin – the key hormone for milk ejection.



Switch

Switching to expression phase at first milk flow is important, as that first milk ejection provides ~36% of the volume.



Watch

Many mothers do not sense milk ejection so it is essential to watch out for it. Milk ejection can be seen as the first jets of milk.



Adjust

To remove more milk in less time, mothers should adjust the vacuum to the highest comfortable level in the expression phase.

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