



## Expressing Breast Milk Guidelines: Engels

# How much breast milk does my baby need?

How much and how often a baby needs feeding can vary greatly from day to day and every baby is different. This chart shows the minimum and maximum amount of milk a baby needs per day. Your baby will tell you how much and how often it needs to be fed. Feed on demand and do not force your baby to finish a bottle. For example: Your baby is under 6 months old and weighs 5 kilos. The daily milk intake fluctuates between 600 and 800 ml. If your baby usually feeds 8 times a day, then you can offer portions of 100 ml. **Is there anything you are unsure about? Please contact your nurse or midwife.**

## Storing breast milk

If you express and store breast milk hygienically, the quality will remain optimal for the specified time.

At room temperature: 4 hours

In the fridge: 4 days

In the freezer: 6 months

### STORAGE TIPS

- Allow small portions of breast milk to cool in the fridge for a while before combining them.
- To avoid accidents, put a storage bag in a glass before pouring in the milk.
- Write the date of expressing milk, the contents and your baby's name on a label.
- Make sure to freeze freshly expressed milk as soon as possible, preferably within 24 hours.
- Lay small portions (60 to 120 ml) in storage bags flat in your freezer. This way, the milk will thaw faster when you need it and you will have to throw away fewer leftovers.

## Hygiene

Bacteria live on your skin and can multiply in breast milk. Fats from breast milk and skin flakes easily stick to materials and provide an ideal breeding ground for bacteria. Good hand hygiene, rinsing out immediately after use and thorough cleaning of all materials before the next use is therefore very important. Read more about maintenance and hygiene when expressing on the website.

# Different ways to express milk

By hand: Apply a warm flannel and gently massage your breasts for several minutes. Make a "C" shape with your fingers and thumb. Move your fingers towards your chest, bring them together and move towards the nipple. Repeat this movement.

With a breast pump

With a single-sided electric pump

With a double-sided electric pump

Expressing milk should **not be painful**. If you have an electric pump with adjustable suction, start with the **lowest** setting and gradually progress to a higher setting. Expressing milk on the highest suction level often does **not** give better results and can be very painful. Another cause of pain may be an incorrect size of **breast pump flange**. More practical tips on how to express milk can be found on the website.

## Defrosting frozen breast milk

### DEFROSTING SLOWLY

It's best to defrost frozen breast milk slowly at the back of the fridge (between 0 and 4°C). Use defrosted breast milk within 24 hours and do not refreeze it.

### DEFROSTING QUICKLY

If you need to use the breast milk straight away, you can defrost it by holding it under a faucet of warm running water (maximum 37°C).

## Heating breast milk

### HEATING TIPS

- You can heat defrosted breast milk in several ways.
- Breast milk can also be given at room temperature.
- Heat breast milk slowly to a maximum of 37°C in a pan of warm water or in a bottle warmer.
- Always check the temperature of the milk before giving it to your baby.
- Do not use a microwave oven as this will heat the milk unevenly and there is a risk of scalding. In addition, it can also reduce the quality.

## Giving expressed breast milk

Breast milk is best given with a spoon, cup, syringe or a supplemental nursing system. If you choose to use a bottle, keep it horizontal, use a bottle nipple with a slow flow and pause frequently. As such, you avoid your baby getting used to a rapid flow of milk and therefore preferring the bottle.