

Breastfeeding Guide



Newborn



3 Months



6 Months



1 Year



2 Years

NUP Breastfeeding Policy

1. NUP provides continued family and community support in breastfeeding as part of the integrated package for nutrition support and assessment for infant and young children.
2. We support exclusive breastfeeding for 6 months and continued breastfeeding till 2 years and beyond, in accordance to the World Health Organization and UNICEF recommendations.
3. Staff supporting breastfeeding receive training and updates of evidence based practice to provide accurate and up-to-date information to mothers.
4. In cases where early feeding supplementation is indicated, we provide support to use breast milk as the first choice for supplementation.

10 Steps to Successful Breastfeeding

1. We comply with the *International Code of Marketing of Breast Milk Substitutes* and SIFECs¹.
2. Our staff are knowledgeable and skilled in supporting breastfeeding.
3. Women and their families are informed about the importance and management of breastfeeding.
4. We encourage mothers to maintain lactation even if they should be separated from their babies.
5. We support mothers in the management of common breastfeeding difficulties.
6. We support exclusive breastfeeding from birth, appropriate weaning food at about 6 months and continued breastfeeding to 2 years and beyond.
7. We encourage mothers to continue to breast feed babies on demand at home and in public.
8. We support mothers to recognise and respond to their newborn's cues for feeding.
9. We counsel mothers on the use and risks of feeding bottles, teats and pacifiers.
10. We link/refer mothers to breastfeeding support groups and other resources to get timely access for on-going support.

¹ Sale of Infant Foods Ethics Committee Singapore
Adapted from the World Health Organization and UNICEF "Ten Steps to Successful Breastfeeding".

Benefits of Breastfeeding

Breastfeeding is a natural way to help you:

- Contract your uterus and reduce bleeding after delivery
- Return to pre-pregnancy weight
- Keep bones strong
- Reduce risk of breast and ovarian cancers
- Decrease risk of developing diabetes
- Bond with baby
- Reduce household costs

Breast milk helps your baby:

- Grow and develop optimally
- Be protected against infections of the ears, lungs, bowels and urinary tract
- Decrease risk of allergies, asthma
- Decrease risk of developing diabetes, obesity and ulcerative colitis
- Decrease risk for Sudden Infant Death Syndrome (SIDS)

Feeding Cues

Get ready to feed baby when he/she shows early cues

Early Cues – “I am interested in feeding.”



Stirring



Mouth opening



Turning head/ rooting

Mid Cues- “I am really interested in feeding NOW!”



Licking



Increased movements



Hand to mouth

Late Cues – “Calm me then feed me.”



Crying

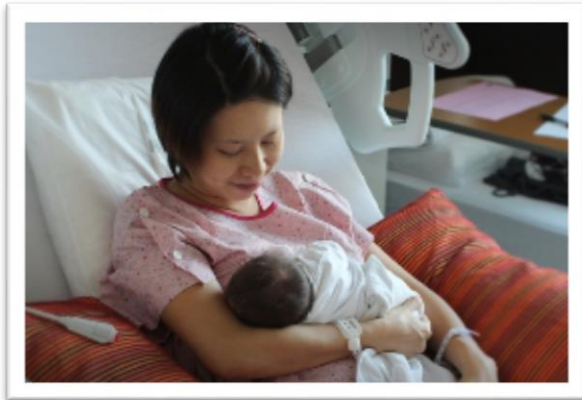


Agitated movements



Face turning red

Breastfeeding Positions



Cradle



Side-lying



Cross-Cradle



Football



**Breastfeeding
Positions Video**
Duration: 5 minutes

Effective Latching



“**CALM**” (*Fok, 2005*)

C: **Chin and Cheek** close to breast

A: **Areola** covered as much as possible









L: Upper and lower **lips** flanged out

M: **Mouth** is wide open



[Attaching Your Baby at Breast Video](#)

Duration: 10 minutes

| Your Baby's Age | 1st week | | | | | | | 2nd week | 3rd week |
|------------------------------|---|---|---|---|--|-------|--------------------------------------|----------|----------|
| | 1 DAY | 2 DAY | 3 DAY | 4 DAY | 5 DAY | 6 DAY | 7 DAY | | |
| How often to Breastfeed? | At least 8 feeds /day (on baby's feeding cues) Baby is suckling strongly, steadily and swallowing heard (day 3 or 4 onwards) | | | | | | | | |
| Average milk intake per feed | 5 - 7 ml Mucous regurgitation is normal | | 10 – 20 ml 10ml (12 feeds/ day) or 20 ml (8 feeds/ day) | | 40 - 60ml (8 feeds/ day) | | 80 - 150ml (6 - 8 feeds/ day) | | |
| | 4 – 6 feeds | 8 feeds | | | | | | | |
| Wet Diapers/day |  At least 1 |  At least 2 (May have pink urates) |  At least 3 (No more urates) |  At least 4 |  At least 6 Heavy, Pale Yellow or Clear Urine | | | | |
| Soiled Diapers/day |  1 to 2 Dark & Sticky (Meconium) | |  At least 3 Soft Brown, Green, Yellow | |  At least 3 Large, soft and seedy, Yellow | | | | |
| Baby's Weight | Baby loses an average of 7% from birth weight up to day 3 | | | | From Day 4 onwards, baby gains 20 - 35g per day Baby regains birth weight by day 10-14 | | | | |

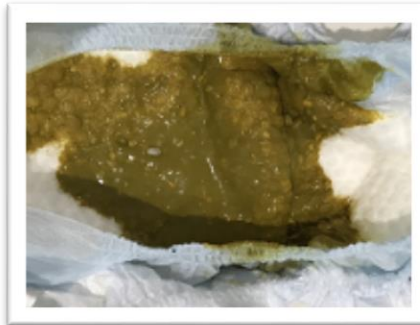
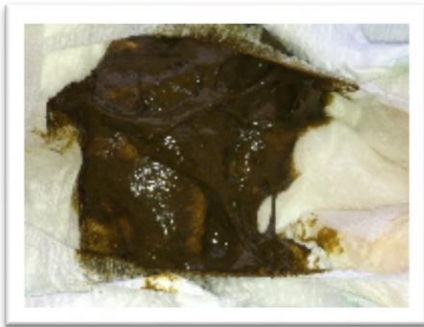
Adapted from Best Start

| | |
|-------------------------|--|
| Mother's Breast changes | Day 1 and 2: colostrum Day 2 and 3: Breasts heavy (learn to massage and hand express and latch effectively) Day 4 and 5 – Milk flows, engorgement settled |
| Things to note | Mother and baby should be comfortable during breastfeeding Baby shows clear feeding cues, moves actively, wakes easily, settled after feeds Mother's breasts and nipples should not hurt |

DISCLAIMER: The information in this chart is a general guide and may not apply to every baby. Please seek the advice of the doctor/nurse if you have any questions.

Baby's Urine and Stools

**Meconium
Day 1-2**



**Transitional
stools Day 3-4**

Seedy stools



**Watery yellow
stools**

**Urine with urates,
up to Day 3**



**Clear urine
Heavy diapers**

Breast Massage and Hand Expression

“MaSSE” method of hand expression

BREAST MASSAGE



STEP 1: Massage Breast in circular motion

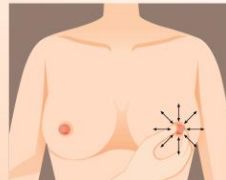


STEP 2: Stroke breast towards nipple



STEP 3: Shake the breasts

HAND EXPRESSION



STEP 1: Roll nipples and areola



STEP 2: Place thumb and index finger on opposite sides on edge of areola



STEP 3: Extract by placing thumb and index finger opposite, pressing against chest wall and squeezing



Breast massage
& hand
expression Video
(Start at 3 min)

Supplementation

1. Unnecessary milk formula in the first few days after birth will interfere with breast milk production and establishment of breastfeeding.
2. Use of feeding bottles may affect baby's feeding cues and suckling at the breast. You may use these alternative methods:



Syringe



Cup



Spoon

Guidelines for Storing Expressed Breast Milk (EBM)

For Fresh EBM

| Location | Temperature | Duration |
|-------------------------------------|-------------|---------------------|
| Room temperature | 19°C – 26°C | 4 hours |
| Insulated cooler bag with ice packs | 4°C – 15°C | 24 hours |
| Freezer compartment of a bar fridge | -15°C | 2 weeks |
| Refrigerator | < 4°C | 72 hours |
| Freezer | -18°C | 3 months – 6 months |
| Deep freezer | -20°C | 6months – 1 year |

For Thawed EBM

| Location | Temperature | Duration |
|------------------|-------------|-----------|
| Room temperature | 15°C – 29°C | 1-2 hours |
| Refrigerator | 4°C | 24 hours |
| Warmed | 40°C | 1-2 hours |

Breastfeeding Support in NUP

Sustained and timely support in the first weeks after delivery is important for you to continue breastfeeding.

Book an appointment to consult our lactation support nurse for further assistance through

- OneNUHS App
- NUHS Contact Centre email add: appointment@nuhs.edu.sg.

Bring along your baby and breast pumps (if available) for your appointment visit.