

Expressing and bottle feeding your baby

Making the decision to feed your baby with expressed breastmilk (EBM) in a bottle is a personal choice which should be made after seeking advice from a health professional who is experienced with infant feeding.



Expressing your breastmilk

You will need to express at least 8 -10 times in 24 hours in the first few weeks, including overnight. As your baby grows, you may be able to reduce this frequency a little.

Express your milk well in advance of the feed, so that you can feed your baby as soon as he/she is hungry. A good time to express is as soon as your baby been fed, then store your expressed milk until the next feed. If you can, try to build up a store of expressed breastmilk.

If you don't know how to express, speak to your Maternal and Child Health Nurse, a Midwife, Lactation Consultant or Australian Breastfeeding Association counsellor.

Equipment

- ◆ A hospital grade breastpump is best if you plan to express and bottle-feed fulltime. These can be hired from some pharmacies. (BHS maternity unit has a list of these pharmacies: ask if required)
- ◆ You will need to buy a milk collection kit to use with the hospital grade pump (the kit cannot be hired due to health regulations). A double kit will save you time by allowing you to express both breasts at once.
- ◆ Small electric pumps and hand pumps are **not** suitable for fulltime expressing.
- ◆ Clean containers for storage of expressed breastmilk. Hard plastic containers, baby feeding bottles and breastmilk storage bags are all suitable.
- ◆ 4-6 baby bottles and teats and a bottle brush.
- ◆ Sterilising equipment (see over the page)

Preparing a bottle

- ◆ Prepare the bottle feed when you first start to notice your baby's early hunger cues.
- ◆ Always wash your hands first. Ensure that the equipment is clean and dry and you have a clean work area.
- ◆ Ideally you should make up each bottle as you need it to reduce the risk of germs growing in the milk.
- ◆ Pour the amount of expressed breast milk you need into the bottle. Attach the teat to the feeding bottle and shake gently.
- ◆ Warm the bottle in a cup of warm tap water or in a bottle warmer just before feeding your baby.
- ◆ Never use a microwave to warm the bottle as this can heat milk unevenly causing hot milk to scald your baby's mouth.

Feed your baby whenever he/she is hungry or thirsty.

- ◆ Your baby will show hunger by moving the head about, opening the mouth, licking the lips and sucking the fingers. This is a good time to feed before your baby starts to cry.
- ◆ Your Midwife or Maternal and Child Health Nurse can advise you about how much milk your baby needs over a whole day. This will depend on your baby's age and weight.
- ◆ Babies will take different amounts at each feed. Let your baby decide when he/she has had enough milk, unless you are advised to feed a certain amount.
- ◆ The amounts below are a guide to the **minimum** amounts a baby needs. Some babies will need than this so if your baby still seems hungry, offer more.

DAY	Amount 3 hourly	Amount 4 hourly	Total in 24hrs
Day 1 60mls/kg/day			
Day 2 80mls/kg/day			
Day 3 100mls/kg/day			
Day 4 120mls/kg/day			
Day 5 to 3 months 150mls/kg/day			
3-12 months 90-120ml/kg/day			



Feeding your baby with a bottle

- ◆ Before starting the feed, test the milk temperature by placing a few drops on your wrist. Milk can be at room temperature or slightly warm but not hot.
- ◆ Hold your baby close, fairly upright with his/her head supported by your arm. You can look into your baby's eyes and talk to your baby during the feed. NEVER leave your baby alone with a bottle propped in his/her mouth.
- ◆ Brush the teat against your baby's lips and when the mouth is open wide with the tongue down, gently place the teat into the mouth.
- ◆ Your baby's lips should be around the widest part of the teat. If your baby gags, draw the teat out just a little.
- ◆ The neck of the bottle should be kept at an angle so it is filled with milk until the baby has finished.
- ◆ Babies feed in short bursts of sucking, with short rests. Let your baby rest during the feed when he/she needs to.
- ◆ Give the baby about half of the milk then sit baby up and allow your baby to rest before offering more milk. After the feed is finished, it's a nice time to cuddle and talk to your baby.
- ◆ Changing the baby's position in your arms to the other side regularly will help with brain and eye development.
- ◆ Always discard any left over milk after a feed.

How to tell that baby is getting enough milk.

- ◆ Your baby should be having at least 5-6 heavy wet nappies a day. The urine should be clear or very pale yellow.
- ◆ After the first 3-4 days there should be plenty of soft, mustardy coloured poos if your baby is only having breastmilk.
- ◆ Your baby should be gaining weight, look well, is bright and alert, and is mostly content.
- ◆ See your Doctor or Maternal and Child Health Nurse (MCHN) if you are worried about your baby's appetite or growth.
- ◆ Talk to your MCHN, a Lactation Consultant or an Australian Breastfeeding Association counsellor if you are worried about your milk supply.

Cleaning equipment

- ◆ Milk collection kits, bottles and teats should be washed in warm soapy water, rinsed well, dried with clean paper towel or air dried on paper towel.
- ◆ Try to rinse and clean soon after using to avoid milk drying on the equipment
- ◆ A bottle brush may help remove any milk residue.
- ◆ To clean the teat opening, roll the teat between your fingers a few times.

Sterilising equipment

- ◆ Breastmilk collection kits, bottles and teats do not need to be sterilised if you are only using expressed breastmilk. Never share milk collection kits or feeding equipment with anyone else.
- ◆ However, if you are also using infant formula, bottles and teats need to be sterilised before each use as follows:

Thoroughly wash and rinse all feeding items first then sterilise using one of these methods:

Boiling

Put the bottles, teats and caps into a large saucepan and cover with fresh water. Bring to boil and boil for 5-10 minutes then turn off. Allow equipment to cool in the water until hand hot then remove from the water. Place the teats upside down in the bottles, screw on the caps and store in the fridge.

Cold water (chemical)

Follow the manufacturers instructions

Steam and microwave

Follow the manufacturer's instructions.

Storage of Expressed Breastmilk at Home			
Breast-milk	Room Temp.	Fridge	Freezer
Freshly expressed	6-8 hrs. (26°C or less)	72 hrs. Store in back of fridge. (Coldest spot)	2 weeks in freezer inside fridge (-15°C) 3 months in fridge freezer with separate door (-18°C) 6-12 months in deep freezer (-20°C)
Frozen then thawed in fridge, not warmed	4 hrs.	Store in fridge 24hrs.	Do not refreeze
Thawed outside fridge in warm water	Until end of feed	4 hrs. or until next feed	Do not refreeze
Baby has begun feed	Discard after feed	Discard	Discard

Where to get help and information

The Australian Breastfeeding Association (ABA) 24 hour helpline

Ph. 1800 686 268 www.breastfeeding.asn.au

Ballarat Health Service Breastfeeding Clinic

Monday, Tuesday and Friday by appointment

Ph. 53204977 / 53204533

Parent Place Breastfeeding Support

Cnr. Sturt and Albert Streets, Ballarat Central

Ph. 53204977 / 53206871

Thursday by appointment 9am -12 or drop-in 1-3pm

Ballarat Health Service Maternity Unit

Ph. 53204971

24 Hour Maternal and Child Health Advice Line Ph.

132229.