

Antenatal Breastfeeding Talk



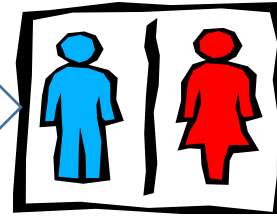
Queen Mary Hospital
July 2016 Revision



Points to Note before the talk starts:

1. Washroom location →

Left side of
front door
(this room)



Right side of
rear door
(this room)

Please kindly note that there's no break time during the talk.



2. Fire Exit → Go out this room via rear door, the exit is at the left side of staff elevator lobby.

3. You can apply the Certificate of Attendance after completion of ALL Antenatal Health Talk. The application form could be taken from our staff in this talk or TYH OPD staff. The certificate will be mailed to you within one month of application.

產前講座題目	日期	日期	丈夫
	Date	Date	Spouse
1. 產前檢查重要性			
2. 胎位不正處理			
3. 分娩過程			
4. 分娩後護理			
Topic of English AN Talk			
1. Antenatal, and Postnatal care			
2. Baby care			
3. Labour and birth plan			
4. Breastfeeding Talk			
產前產後 AN 講座			
Antenatal Exercise Class			
1. 產前運動技巧			
2. Pelvic floor & Mental Strategies			
3. 產後護理			
4. Birth Plan in Labour			
5. 產後常見 Complication Measures			
6. 產後技巧 Postpartum Techniques			

Please show this AN talk class record card to our staff during registration. You can apply the certificate of attendance after all AN talk classes were marked in this record card.

Points to Note before the talk starts (Con' d):

4. Video / audio recording is prohibited.

5. If you would like to know more information, please refer to the following link:

http://www.obsgyn.hku.hk/antenatal_health_information



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 **Department of Obstetrics & Gynaecology**
The University of Hong Kong

 Queen Mary Hospital
 Tsan Yuk Hospital
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PATIENT'S INFORMATION

Home > Patient's Information > Antenatal Health Information

Antenatal Health Information

 網上預約產前講座系統
Antenatal Class Booking System

Antenatal Health Information

HA Apps - “HApi Journey喜程”

HApi Journey 喜程
Developed by Hospital Authority

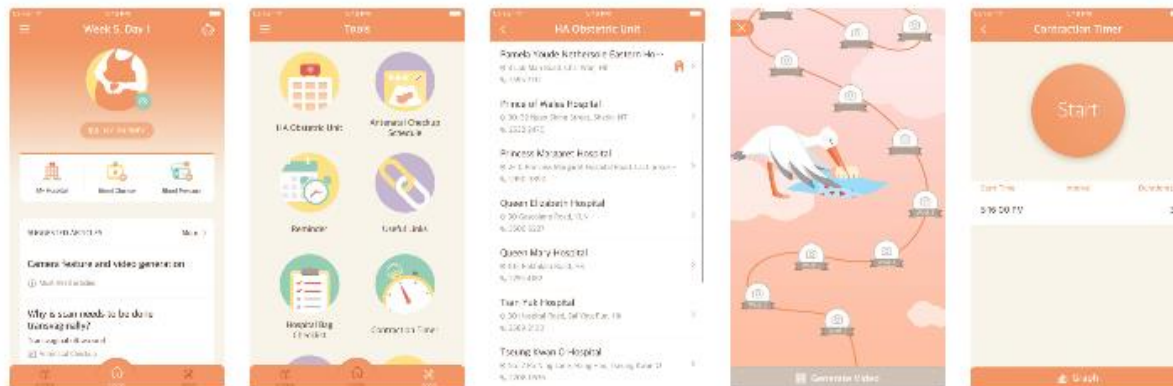


The HA Apps – “HApi Journey” are available for download on iPhone and Android phones.

The Apps allows users to record the health status during pregnancy, such as blood pressure, blood glucose levels, time schedule of antenatal appointment, as well as the timing tools for the measurement of uterine contractions during childbirth.

In addition, users can also view various kinds of pregnancy health information in the program, including nutritional information during pregnancy, breastfeeding, postnatal care and the information of OBS units in all public hospitals.

HApi Journey 喜程 App Screenshots



Info for nursing mum apps



哺乳Mum咪知多啲 1.0.2

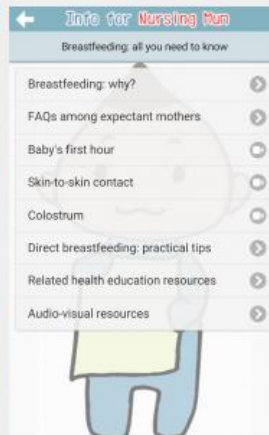
📅 03-14-2016 📱 2

↓ 免費下載

下載 哺乳Mum咪知多啲 到您的手機



[如何下載到您的手機?](#)





World Health Organization Recommendation

First 6 months :
Exclusive Breastfeeding

Thereafter (after 6 months) :
**Introduce nutritional, adequate
& safe complementary foods**

**Continue breastfeeding for
up to 2 years of age or beyond**





QMH Baby Friendly Hospital Initiative



Promote, Protect & Support breastfeeding

Establish Infant feeding policy

Provide a breastfeeding friendly environment



Value of breastfeeding

**The developing
system/ function
in baby**

Gut

Immunity

Brain

Vision



**Breastfeeding
support baby**

**Tailor-
made**

**Immuno-
globulin**

**Growth
factor**

**Living
cells**

Value of breastfeeding

For baby

- ❑ **Made for baby's individual needs**
- ❑ Help **brain development**, increase intelligence
- ❑ Support retina development
- ❑ **Special enzymes** ease digestion & absorption
- ❑ Increase **immunity**, fewer ear infection, meningitis, diarrhea, obesity & diabetes mellitus



Less likelihood for allergies

Value of breastfeeding

For mothers

- ❑ Help uterus to contract, **reduce bleeding after delivery**
- ❑ **Reduce fat**, help to regain pre-pregnant body shape
- ❑ Reduce the risk of osteoporosis, **breast cancer & ovarian cancer**
- ❑ Promote **bonding**
- ❑ Contraception, delay return of fertility
- ❑ Convenient, save time & money



Value of breastfeeding

For society

- ❑ Reduce the risk of infection & chronic illnesses, less medical expenses
- ❑ Reduce carbon emission, protect environment
- ❑ Reduce absenteeism



Exclusive Breastfeeding for first 6 months

- Breast-milk provides adequate calorie, nutrients & water
- Perfect gut protection

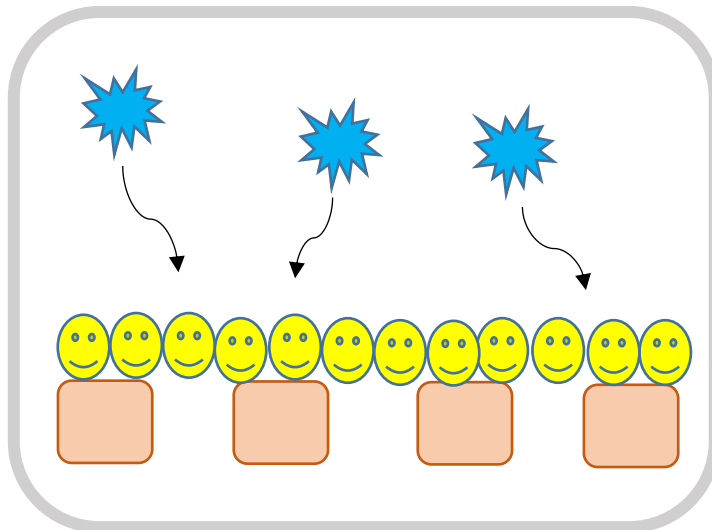
No need to supplement with water/ formula



Exclusive Breastfeeding for first 6 months



Exclusive
breastfeeding



Perfect gut protection →
Protect from allergens
penetration

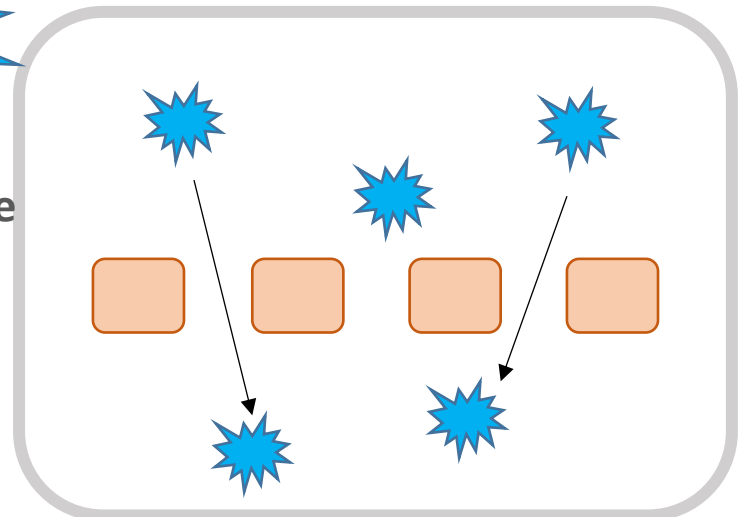
allergens



Gut protective
factor

Gut
cells

Supplementation
with water/
formula



Gut protection affected →
Invasion of allergens

Babies need breastmilk for at least 2 years

- ❑ Immunity of baby matures at around 2 -3 years old
- ❑ Breast-milk provides adequate calories & nutritious

Baby age	Calories contribution by breast milk
6-8 month	70%
9-11 month	55%
12-23 month	40%



- ❑ Experience different tastes through breastfeeding
- ❑ Suckling on the breast helps oral muscle development

Unnecessary supplementation with formula

1. Affect breast milk supply

Baby fed with formula with
reduce breast milk intake & thus
milk production

Bottle feeding could induce nipple
confusion, sore nipples

Affect breast emptying and
reduce breast milk production



2. Increase the risk of infection

Affect the protection over gut
wall by breast-milk
Formula is not sterile



Breast changes

Hormonal change

- Breast tissue, alveolar & milk ducts growth
- Darkening of areola
- Colostrum produced in mid-pregnancy



Different sizes of breasts
Could produce Same milk quantity
that satisfy baby's needs

Breast milk production

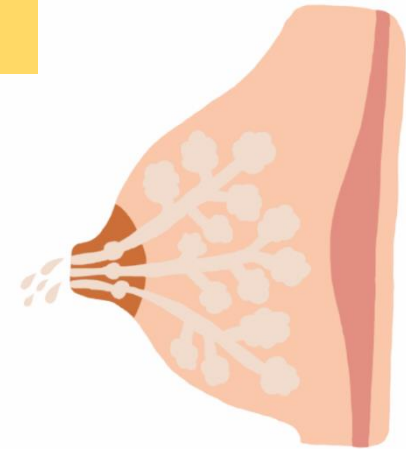
Frequent suckling
stimulates milk production

勤吸吮
刺激乳汁製造



Baby suckling stimulate milk production.
(More suckling -> more breast milk BB)

Supply &
demand



Effective breast emptying :
Increase milk supply (Milk production is positively association with proportion of breast emptying)
If milk stasis, the breast would not further produce milk and cause involution.

Breast milk production

Milk producing hormones

Prolactin

Makes milk

More secretion at night

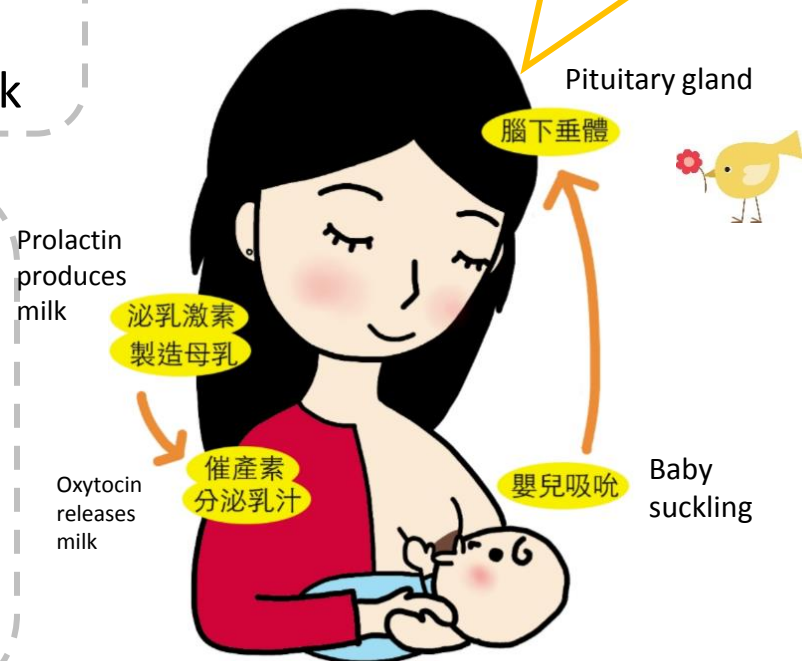
Night time feeding helps to make more milk

Oxytocin

Releases milk (Milk ejection reflex)

While baby suckling, oxytocin causes breast muscles contracts and secret breast-milk
Helps uterus to contract, 協助子宮收縮, reduce post delivery bleeding, you may feel involution pain

Stress suppresses milk ejection reflex, affect milk secretion
Relax !



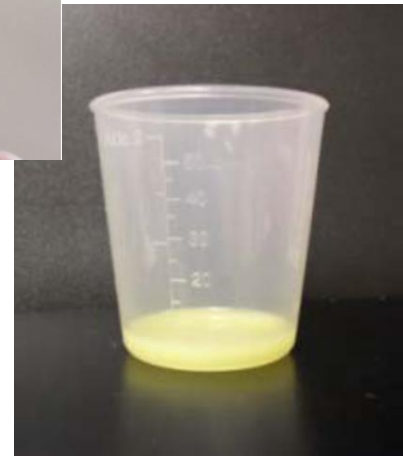
Breast milk production

Day 1 to Day 3: Colostrum

Relatively less in
amount

To match baby's needs &
stomach size and
development

Early initiation of
breastfeeding help
establish milk supply



Breast milk production

Day 3-4 : Milk comes in

Increase in milk production, start to feel **breast engorgement**. Breast milk colours may change from yellowish to creamy white



Breast milk production

According to breast milk characteristics, 3 stages could be identified:

- Within 5 days after birth: **Colostrum**
- 5~10days after birth: **Transitional milk**
- 10~14 days after birth: **Mature milk**
- Fat content increased in transitional & mature milk



Breast milk production & baby's stomach size

Why baby wants breast milk every 1 to 2 hours ?

1. Newborn's stomach size is small
2. Breast milk is easily absorbed
3. Thus colostrum is condensed
4. Frequent breastfeeding satisfy baby's needs



DAY 1
5-7ML



DAY 3
22-27ML



DAY 7
45-60ML



1 MONTH
80-150ML

How to have a good start ?

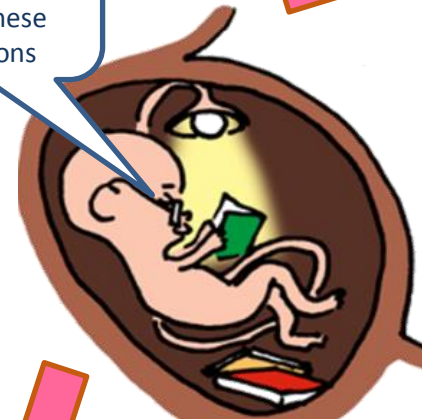
- 1.** Connecting with baby during pregnancy
- 2.** Early initiation of immediate & sustained skin to skin contact
- 3.** Responsive feeding
- 4.** Partner's/ Family's support



How to help encourage a relationship with baby ?



It's good for my brain development through these stimulations



It's good for my development

My papa and mama are responsive to my needs



Encourage early bonding



Let baby feels parent's love, develop **sense of security**
Stabilize body function & emotion, helps **brain development**

During pregnancy:
Notice when baby
moves



Early initiation of
immediate &
sustained skin to
skin contact



Responsive to
baby's needs



Rooming-in on a
24-hour basis



After delivery

Golden 2 hours

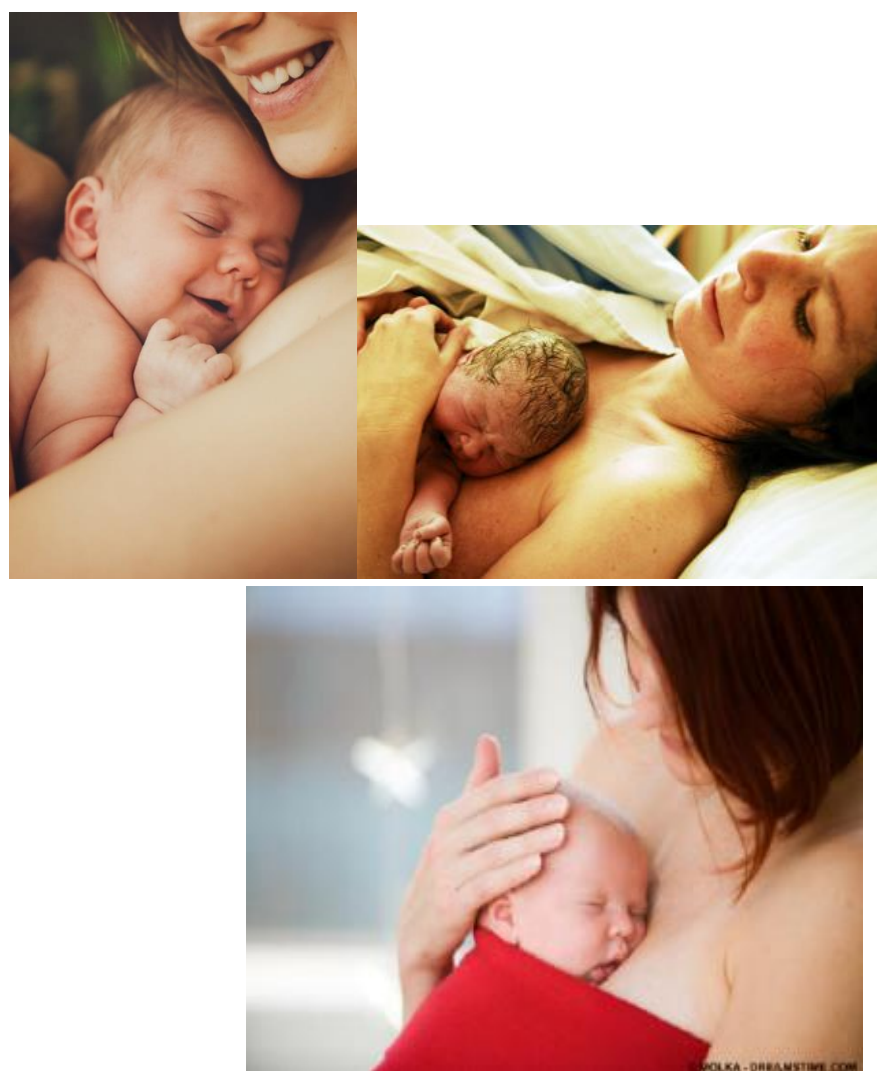
After delivery, **early** initiation of immediate & sustained **skin to skin contact**

Let baby **explore** & take a **big mouthful of breast**

This is the **BEST** time to start breastfeeding & stimulate milk supply



Why is skin-to-skin contact important ?



- ❑ Calms mother & baby
- ❑ Familiar with challenges after birth
- ❑ Keeps **baby warm**, regulate **heartbeat & breathing**
- ❑ Better immunity & brain development
- ❑ Facilitate **loving relationship**
- ❑ Good start to **breastfeeding**

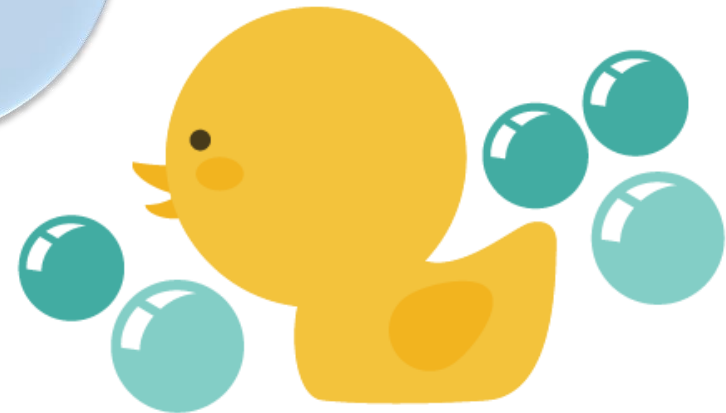
Delay baby's first bath

Let baby & mum have sustained skin-to-skin contact, promote sense of **security & comfort**

Let baby familiar with mum's smell & **facilitate breastfeeding**

Reduce newborn infection

Mum's chest keep baby **warm**



24-hour rooming in

Irrespective how the baby's born & feeding option

Helps mum to observe baby's feeding cues

Let mum response to baby's needs

Reduce infection & sudden infant death risks

Establish a loving relationship between mum & baby

Baby cries less & less stress hormones level results



Responsive feeding

Identify
baby's feeding
cues



Mum also has
needs to breastfeed



No restriction on
feeding time/
frequency



Successful
breastfeeding

Every baby
is different

Watch your baby, not the clock!



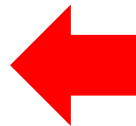
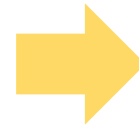
Baby feels being loved → Love hormone (Oxytocin)

→ Reduces stress hormones, stabilize body & emotion

→ Helps **brain & body development**

Signs that tell your baby is hungry

Feeding cues



Practical tips

Mum's preparation

Bath & change underpants daily

Change baby's diaper & wash your hands before & after

Adequate pain relief

Prepare a comfortable place

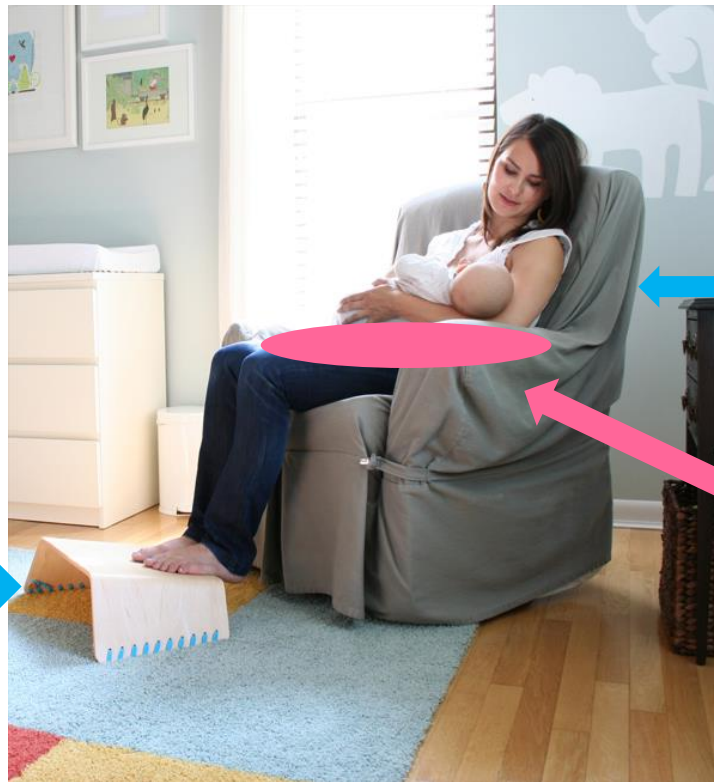
No need to cleanse the breasts each feed

Recommend *not* to use bras with wire



Comfortable feeding position

Use stool



Back supported

Use pillow/
towel to
support

How do I position my baby during breastfeeding



Key principles :

- ❑ Nose to nipple
- ❑ Head & body in a straight line
- ❑ Held close to mother
- ❑ Able to head tilt



Don't let baby's little hands, towel etc. to block the way between you & your baby

Avoid only baby's head turn to your breast but not with its body & affect swallowing

Breastfeeding position



VIDEO



Common breastfeeding position



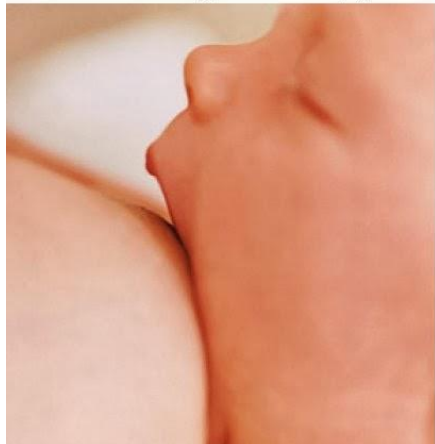
How to bring baby to the breast ?



Nose on target with nipple.



Tickle lower lip with nipple.



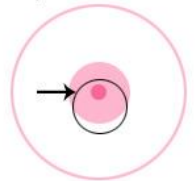
Wait for wide mouth to latch.



Lips flanged. Chin tucked.

1. Nose to nipple
2. Support head & neck, let baby's head tilt
3. When baby's mouth is wide open, bring baby to the breast
4. Let lower lip touches the lip first

Asymmetric latch



**Effective suckling :
Suckle both areola & nipple**

Signs of Baby's good attachment

1 to 8

**7. Nipple is
pain free**

**8. Baby
contented**

**6. Rapid suckles
initially then slow
deep suckles**

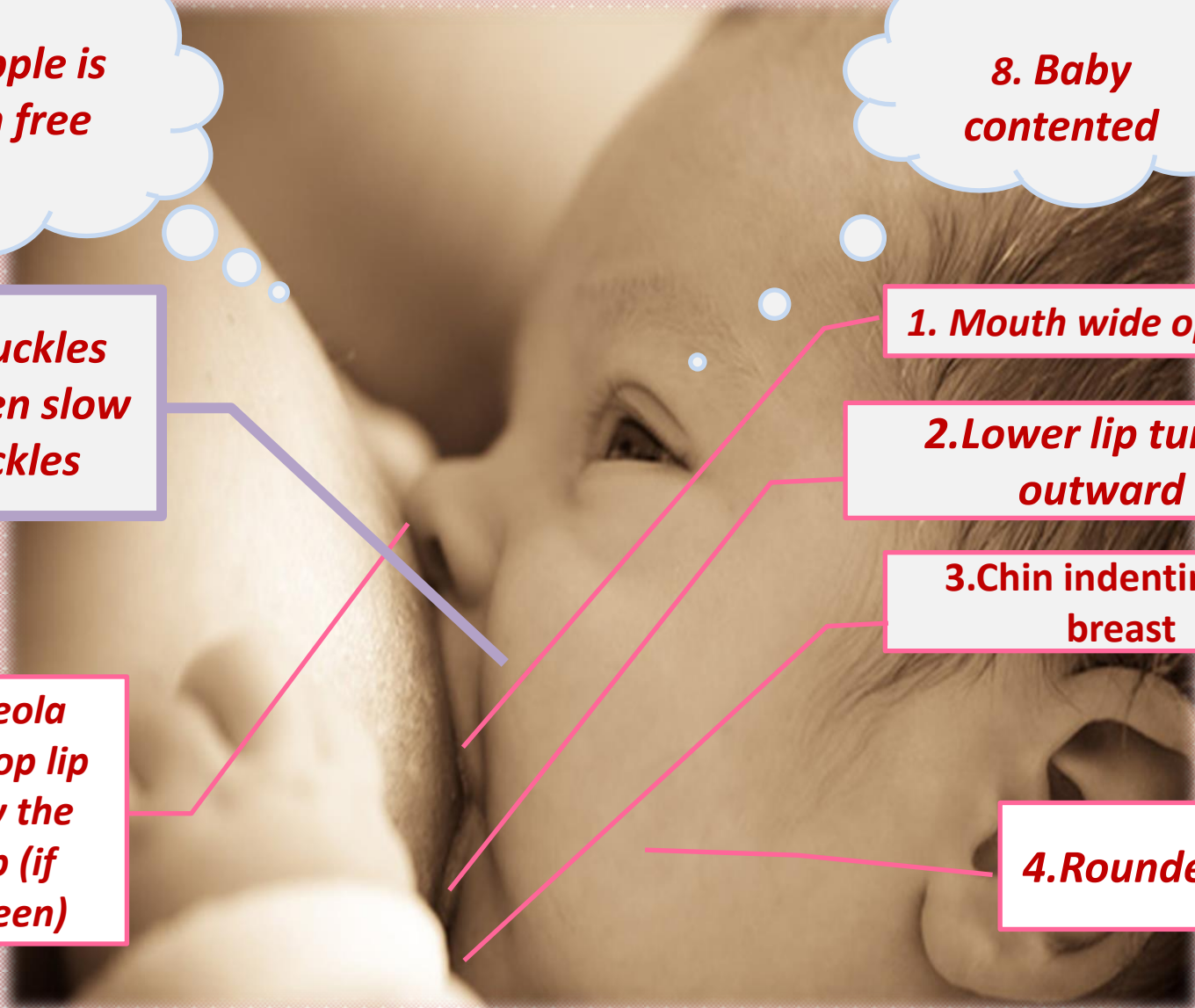
1. Mouth wide open

**2. Lower lip turned
outward**

**3. Chin indenting the
breast**

**5. More areola
above the top lip
than below the
bottom lip (if
areola is seen)**

4. Rounded cheeks



How to know if baby is getting enough milk?



1. **Feel contented & have a good sleep**
2. **Adequate wee wee & poo poo, weight gain**
3. **After breastfeeding, the breast goes soft**

How to know if baby is getting enough milk?

Feeding schedule

- ❑ Non-restrictive

First day after birth: 3-4 times

After 1st day: at least 8-12 times

- ❑ Well attached to the breast

- ❑ **First few days** : Let baby suckles both breast & rotate breasts alternatively as the first breast when offer

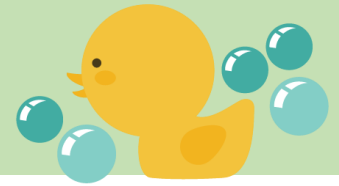
- ❑ **When milk comes in** : Let baby finish the first breast and let baby decide whether he wants the other



Rooming-in

Every baby has its own pace

How to know if baby is getting enough milk?



1. Baby's wee wee & poo poo

First 2 days

- 1-2 wee wee
- 1-2 poo poo (Dark greenish, black & sticky meconium)



3rd & 4th day

- 3-4 heavier wee wee
- 2-3 poo poo (still dark in colour but should be softer)

From 5th day onwards

- At least 5-6 odourless and light yellowish wee wee (about 3 table spoon each time)
- Mustard yellow colour and should be larger in volume

How to know if baby is getting enough milk?

2. Baby is satisfied, contented and comes off from the breast by himself/herself. And sleep for around 1 hour.

Some weight gain → Signs of getting enough milk?

3. Weight loss in first 10 days but gained back to its birth weight by day 10

- ❑ First few days : Slight weight loss
- ❑ Around 10-14 days: Back to birth weight
- ❑ First 4 months: Every month at least 0.5kg weight gain
- ❑ Around 5-6 months: Double birth weight



Expression of breast-milk tips

Indications

- Cannot direct breastfeeding (e.g. Baby mother separation)
- Engorgement (for baby to latch on easier)
- Storage (before return to work)

Preparations

Hand hygiene, milk container

Relax, do some breast massage

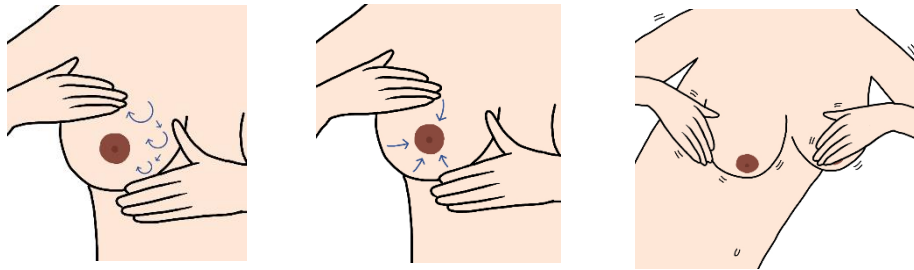
Hot compress for 2-3 minutes when breast engorged

Express 7-8 times daily to keep milk supply

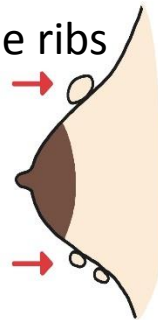
At least one at night

How to express breast-milk

Breast massage— Stimulate milk ejection reflex

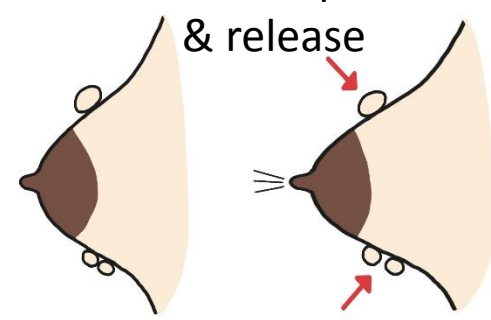


1. Press towards the ribs



步驟一:向胸骨按入

2. Compress & release

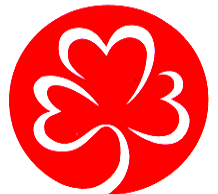


步驟二:手指頭相對著按壓

Normal baby physiological change



**Department of Obstetrics &
Gynaecology,
Queen Mary Hospital**



Cluster Nursing

- Some baby exhibits Cluster nursing in first few weeks after birth
 - i.e. Baby bunch feeds close together at certain times of the day (often in the evening).
 - They may leave a couple of hours between feeds.
- ➔ Don't worry,
try to observe the overall feeding in a day



Cluster Nursing

- Mum can also observe baby's wee wee & poo poo to tell baby is getting enough breast-milk
- ➔ If seems lag behind, mum can try
 - Wake baby to feed
 - Increase breastfeeding time & schedule
- Rousing baby techniques :
 1. Choose a time when baby is in an active sleep period
 2. Slowly un-swaddle baby
 3. Change diaper
 4. Sing a song/ stroking his hands & the soles of the feet



Neonatal jaundice

Old Red blood cell



Liver helps break down



Bilirubin



Removed from the body in stool & urine

What is newborn jaundice?

Body has high level of bilirubin



Jaundice = yellow colour



Neonatal jaundice

Presentation:

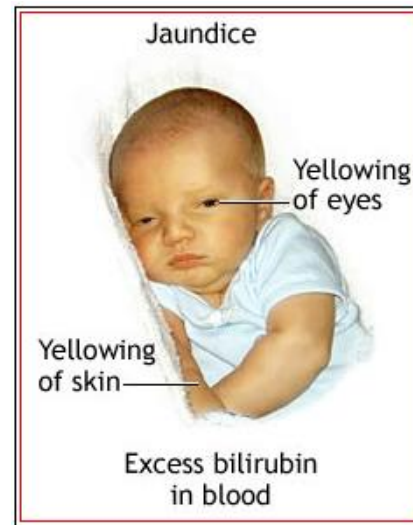
Yellow colour of skin

Yellow eye white

Feed poorly

Tired baby

Signs of dehydration
(e.g Less Wee Wee)



Neonatal jaundice

Do I need to suspend breastfeeding?

- ❑ NO
- ❑ Instead, **increase feeding frequent**
- ❑ Improve baby's wee wee & poo poo
- ❑ Help speed up bilirubin to be removed from the body
- ❑ No need other supplement/ glucose water/ water



Lactose in breast-milk helps baby to pass more poo-poo & thus relieve jaundice

How to soothe a crying baby

Is my baby hungry & cry?



The truth is . . .

Even when baby is full, he may cry ; so no need to worry..... if baby is getting enough wee wee, poo poo & weight gain

Ways to soothe a fussy baby

Stay cool & observe

Sometimes, it's quite frustrating when baby keeps crying

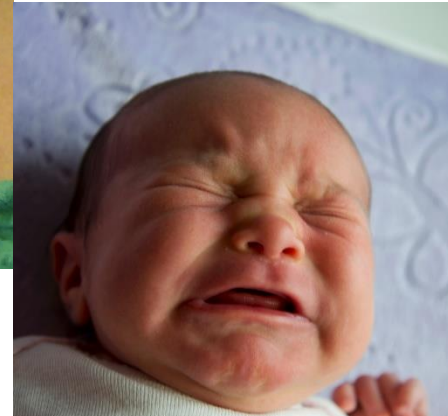
Stay cool & observe ,
rule out sickness & physiological needs



Ways to soothe a fussy baby

Why babies cry:

- Physiological needs
e.g. a dirty diaper, needs sleep
- Too much/ less stimulation
(loud noise, bright light, boredom)
- Not feeling well



Ways to soothe a fussy baby

Immediate response

According to baby's needs



Gentle rocking

Swivel back and forth
Then gently & gradually slow down all motions

Reduce stimulation

Baby has hard time to process all the stimulation
e.g light, noise

Swaddling

- Baby enjoy being swaddles
- Retreat to a serene spot with soft music

Massage

Some babies find stroking soothing

Ways to soothe a fussy baby

Give a big hug

Hug your baby has
a wonderful calming effect.

Better for
baby's development, develop
sense of security



What to do if your baby's *still* crying ?

Calm yourself first

- Take a deep breath, Relax Relax Relax
- Even wisest parents can't read a baby's mind
- Let your family to help
- **Appreciate partner's help**
- Find tried-and-true methods

- ✓ You are not alone and baby have his own reason to cry.
- ✓ What's always true is ...**baby love to be with mum**



Growth spurts

Usually have initial spurt between 2-3 weeks;
Another between 6-8 weeks.
Expect more at 3 & 6 months.

**Don't worry, keep breastfeeding
according to baby's needs**

***Don't give up on breastfeeding
when baby seems hungrier.***

***Temporary frequent feedings help
to boost your milk supply.***



Partner's participation

Recruit help from your partner

- Let mum has adequate rest & keep milk supply
- Help mum to prepare breastfeeding
- Share household chores & prepare food
- Take care & soothe baby
- Do some neck massage/ hot application
- Arrange visiting time
- Share parenting views
- Leave time for dating

Support,
accompany, listen
& encourage



Diet during lactation

- Balanced diet, extra **500 calories** a day
- Adequate **hydration**
- Avoid (1) Unhealthy fats
(2) Smoking or drinking alcohol (small amount)
(3) Caffeinated drinks (small amount)

What should I eat to produce adequate breast milk for my baby ?



Galactagogues may have variable effect on milk supply

Common breastfeeding problem – sore nipple

How to manage sore nipple ?

乳頭損了怎麼辦？
還能餵哺？

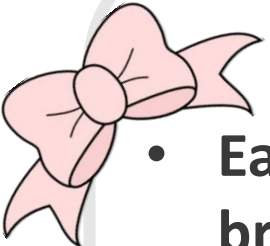


- **Most frequent cause:**
incorrect latch on at the breast
- **If baby is positioned well at the breast, nipple soreness will disappear**
- **Apply breast milk over nipple & areola for skin care**
- **Continue breastfeeding to keep milk supply**

Common breastfeeding problem –engorgement

Usually happen 3-6 days after delivery with
A feeling of fullness, heaviness, tenderness & warmth

Management

- 
- Early & frequent breastfeeding
 - Responsive feeding
 - Correct latch on & positioning
 - No supplementation



Apply **cold** compress with
bags of frozen vegetables/ cabbage leave **after feeding**

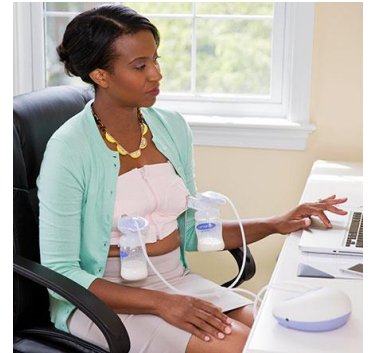
Breastfeeding mum back to work

Pregnancy

- Express your needs & seek colleagues & supervisors support
- Let your family know your choice of baby feeding

2 weeks before work

- Establish your milk bank
- May try to use bottle to feed your baby
- Prepare suitable equipment



After delivery

- Nurse frequently
- Build up milk supply
- Learn how to express breast-milk

Back to work

- Breastfeeding at home
- 1-2 times lactation break during work
- Prepare baby's photo that helps milk ejection reflex
- Balance work & breastfeeding






Gentle Reminder

1. Please fill out the feedback form and give back to our colleagues.
2. If you would like to know more information and AN talk video, please refer to the following link:


http://www.obsgyn.hku.hk/patient_information

(QR code can be downloaded from our reception counter)



教育部
國民小學課程標準

國語學習標準高級小學國語課程表



供作課程發展參考，不得隨意刪減內容。
 調整後，下列國民小學應遵照之課程標準是：

日期：_____

校務處/課務處：_____

今日國語的學習目標(請在適當處打勾)

第一課： 複句練習	<input type="checkbox"/>
第二課： 句法與句讀： 雙句練習及單句複句複句	<input type="checkbox"/>
第三課： 句法的認識	<input type="checkbox"/>
第四課： 句法的練習	<input type="checkbox"/>
第五課： 複句練習： 複句練習與單句複句練習	<input type="checkbox"/>
第六課： 句法練習	<input type="checkbox"/>

請於下列各學習目標，圈出適合的項目。(○：非常適合，△：尚適合)

能讀出文字與聲音相連					
能讀內容文字	1	2	3	4	5
能讀內容文字	1	2	3	4	5
能讀內容文字	1	2	3	4	5
能讀內容文字	1	2	3	4	5

國語表現：

能說出內容文字與聲音	1	2	3	4	5
能說出內容文字與聲音	1	2	3	4	5
能說出內容文字與聲音	1	2	3	4	5
能說出內容文字與聲音	1	2	3	4	5
能說出內容文字與聲音	1	2	3	4	5

我的學習成長與我的學習：_____

我對國語還有更多學習與其他活動：_____

可以調整的項目：_____

多學活用參考圖



- ### 3. Certificate of Attendance –

The application form could be taken from our staff in this talk or TYH OPD staff.

The certificate will be mailed to you within one month of application.

Wish you all the best !

