

## Module 7 : Breastfeeding

### Session 7 : Helping with breastfeeding and expressing milk

Day : 2

Time Required : 45 minutes

#### Purpose

To enable ASHAs to assist mothers to breastfeed and teach them how to express milk by hand.

#### Objectives

At the end of the session the ASHA will be able to:

1. Explain how to manage a mother with inverted nipples.
2. Assist mothers who have difficulty in the first feed to feed their babies.
3. Demonstrate the technique for expressing milk and feeding the baby with a *paladay* or spoon.

#### Materials

- Reading material 1 : Expressing milk by hand
- *Paladay* or spoon



#### Preparation

- Ensure availability of adequate copies of Reading Material 1 depending on the number of trainees.
- Obtain and have a *paladay* or spoon ready.

#### Training Methods

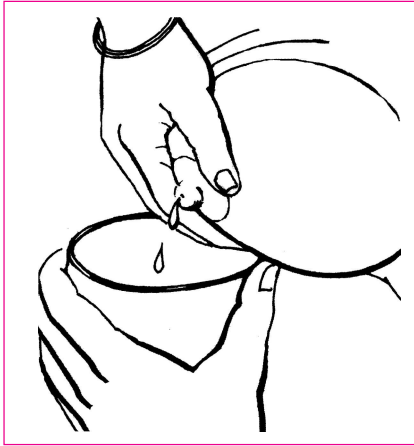
##### Presentation (25 minutes)

##### Instructions to Trainers :

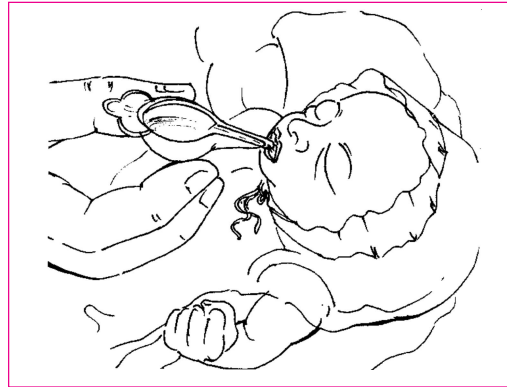
1. Explain that most women can breastfeed without problems. A few women may have nipples that are flat or that go in, instead of protruding out. Most flat or inverted nipples improve by themselves around the time of delivery. There is no need to start any treatment before delivery. At the time of delivery, if the mother has flat or inverted nipples, the ASHA may need to spend extra time helping her in the first few days.
2. Explain how to help with the first feed:
  - Explain that the baby suckles from the breast, not the nipple. As the baby feeds, the breast and nipple /areola will stretch.
  - Place the baby against the mother's skin; let the baby explore around the breast (this may stimulate the milk flow). Some babies attach well by themselves.
  - If needed, help mother to position the baby; have her touch her nipple to baby's lip; when mouth is open wide, place over the nipple and areola.
  - Make sure the mother is in comfortable position; change position if baby is not well attached; try the underarm position.
  - Build the mother's confidence; explain that it may be difficult at the beginning but if she has patience, she will succeed.

*Paladay* : Paladay is a special spoon used in South India for feeding the baby who can not suckle at breast.

- If the nipple still remains inverted, you may have to help the mother get the nipple to stand out more. She should try rubbing or massaging the nipples.
- You may need to teach the mother to express her milk and feed it to the baby with a paladay until it can suckle at her breast. Ask the ASHAs to refer to Reading Material 1.



**Expressing milk by hand**



**Feeding baby with paladay**

**Content Box :**

**How the Mother Can Express Milk by Hand**

1. Wash hands with soap and water.
2. Place a warm compress on the breast for a few minutes if desired.
3. Gently massage the breast starting from the chest moving toward the nipple; do this in a circle (near the underarm, and then to the bottom of the breast, etc.), so that all parts of the breast are massaged.
4. Lean forward and support the bottom of the breast with one hand.
5. Hold the areola between thumb and two fingers of other hand. Put her thumb on the areola above the nipple and the two fingers on the areola below the nipple.
6. Press toward the chest (about 1-2 cm) and then squeeze the milk reservoirs beneath the areola. (Do not squeeze the nipple.)
7. Press and release the thumb and first finger several times until the milk drips out. Use a clean bottle or cup to collect the milk. Milk may drip at the beginning and then spray out after it starts flowing.
8. Rotate the thumb and fingers around the areola so that the milk is removed from all the reservoirs.
9. Repeat with the other breast.

Adapted from *Breastfeeding Management and Promotion in a Baby-Friendly Hospital*, UNICEF and WHO 1993.

**3. Explain how to feed expressed milk to the baby:**

- Use a clean cup to collect the milk and a clean spoon or paladay to feed the baby.
- The mother should hold the baby in her lap, with the head and upper back supported with her hand. She should touch the baby's lips with the tip of the paladay.
- When the baby opens its mouth gently, rest the paladay so that the milk touches the baby's lips; the baby will start taking the milk with its tongue.
- Encourage the mother to look at the baby and talk to the baby.
- When the baby has taken in enough milk, it will shut its mouth.

- Continue to try and breastfeed; if the baby has difficulty feeding at the breast, feed expressed milk (up to 8-10 times a day) until breastfeeding is established.
- Expressed breast milk should immediately be fed to the baby. After that the remaining milk should be discarded.
- To keep out flies and dust, keep the clean cup containing expressed breast milk covered.

### **Role Play Practice (15 minutes)**

#### **Instructions to Trainers :**

1. Divide the group into smaller groups of three each.
2. Have each group perform a role play in which the mother has flat or inverted nipples and the ASHA is helping her with the first feed.
3. Have the role playing ASHAs interchange; in one role play, the mother is feeding her baby well as the ASHA is encouraging her; in another role play, the mother is being assisted with her first feed because she is having difficulty in breastfeeding due to flat nipples, and in the third, the ASHA teaches the mother to express milk and feed the baby with a paladay until the baby is able to breastfeed.
4. Circulate in the room and assist wherever needed. Trainer should prepare report of his/her observations during role plays. Also note additional difficulties if any or positive experience.

### **Summary (5 minutes)**

- Have ASHAs review how they will help the mother who has flat or inverted nipples; what should they do before and after delivery.
- Have an ASHA demonstrate how to express milk.
- Have an ASHA demonstrate how to feed a baby mother's milk with a paladay or spoon.
- Make corrections if any are required, and add missing information.
- Praise the ASHAs for their good work.

### **Evaluation of the session**

| Objectives                                                                                  | Assessment Method      | Output                                                                                                                      |
|---------------------------------------------------------------------------------------------|------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| Explain how to manage a mother with inverted nipples                                        | Questions and answers. | --                                                                                                                          |
| Assist mothers who have difficulty in the first feed to feed their babies.                  | Role play practice.    | Trainer's report of his/her observations during role plays. Also note additional difficulties if any or positive experience |
| Demonstrate the technique for expressing milk and feeding the baby with a paladay or spoon. | Role play practice.    | Trainer's report of his/her observations during role plays. Also note additional difficulties if any or positive experience |