



EXPRESSING BREAST MILK

breast milk is nature's health plan!

Expressing breast milk is simple and easy! Every mother should know the correct technique for expressing her breast milk.



WHY SHOULD I EXPRESS?

- To feed my sick or small baby.
- To relieve my full or leaking breasts.
- To allow my baby to drink breast milk while I am sick, away or working.

WHAT DO I NEED TO EXPRESS MY BREAST MILK?

- Use a clean cup, glass, jug or jar with a wide mouth and a lid.
- Wash the holder and leave it in the sun to dry.
- Just before using, fill the cup with hot water for a few minutes. Empty out before using.



HOW SHOULD I STORE MY BREAST MILK?

- 5 - 8 days in the fridge.
- 2 weeks in the freezer compartment.
- 3 - 4 months in a box-freezer.

REMEMBER!

All holders must be marked with the date of expressing the breast milk and child's name!

Use the milk with the earliest date first!

Health worker: _____

Contact number: _____

HOW DO I EXPRESS MY BREAST MILK?

The fingers should not slide on the skin, and the nipple should not be squeezed or pulled!

If it hurts the technique is wrong!

1 Wash your hands.



2 Hold the cup near the breast.



Put your thumb on the areola (brown area around your nipple) above the nipple, and your index finger below the nipple on the areola.



4 Press towards chest wall.

5 Squeeze and release - repeat.

If at first the milk does not come out, continue, it will be released.

Express for 3 - 5 minutes from a breast, then change to other breast.

Expressing takes at least 20 to 30 minutes.



UKUKHAMA UBISI EMABELENI

Ubisi lwebele ngummangaliso wendalo!

Ukukhama ubisi ebeleni yeyona ndlela ilula! Wonke umama kufuneka ayazi indlela echanekileyo yokukhama ubisi emabeleni.



KUTHENI KUFUNeka NDIKHAME UBISI EBELENI?

- Ukuze uncancise usana lwam xa lugula okanye luluncinci kakhulu.
- Ukuphungula ubisi okanye ukuthintela amabele angade avuze.
- Ukwenzela ukuba usana lwam lusele ubisi lwebele ngeli xesha mna ndigulayo, ndingek-hoyo okanye ndisemsebenzini.

YINTONI EKUFUNEKA NDIBE NAYO XA NDIKHAMA AMABELE?

- Sebenzisa imagi, iglasi, ijagi okanye inkonkxa ecocekileyo enomlomo ovulekileyo enesiciko.
- Yihlambe loo nto ukhamela kuyo uyibeke elan-geni yome.
- Ngaphambi nje kokuyisebenzisa, yizalise imagi ngamanzi ashushu imizuzwana. Chitha amanzi lawo ngaphambi kokuyisebenzisa.



NDINGALUGCINA NJANI UBISI LWAM LWEBELE?

- Ungalufaka efrijini iitsuku ezi 5 - 8.
- liveki ezi-2 kwifrina.
- linyanga ezi 3 - 4 kwibhokisi yefrina.

KHUMBULA!

Zonke izinto okhamela kuzo maziphawulwe ngomhla owawulukhame ngawo ubisi ub-hale negama lomntwana! Sebenzisa ubisi olunomhla ongaphambili.

Umsebenzi wezeMpilo: _____

Inombolo yoQhagamshelwano: _____

NDILUKHAMA NJANI UBISI EBELENI?

Iminwe akufuneki ifi kelele kufele lwebele kananjalo ungayicudisi okanye uyitsale ingono!

Ukuba ngaba uva kubuhlungu iya kube ayichanekanga indlela le wenza ngayo!

1 Hlamba izandla zakho.



2 Sondeza imagi ebeleni.



3 Ubhontsi wakho mawube ngasentla kwengono kule ndawo inkulu imnyama yengono, aze umnwe wakho wokukhomba ube ngasezantsi kwengono.



4 Xa ukhamma yiba ngathi ibele ulicinezela ngasesifubeni.

5 Cinezela umana uyeka - ukwenza oko uphindelela.

Ukuba ngaba ubisi lokuqala aluphumi, qhuba luza kude lphume.

Khama kangangemizuzu emi 3 - 5 kwibebe ngalinye, emva koko utshintshele kwelinye.

Ukukhama kuthatha imizuzu engama-20 ukuya kwengama-30.