



australian
breastfeeding
association

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June 2010 Community
Education Bulletin

Swan Hill & District Group

Our aim

1. To give confidence and moral support to mothers who wish to breastfeed their babies.
2. To create in mothers an interest in breastfeeding as an aid to the art of skilled and loving mothering, thus encouraging close and happy family relationships.
3. To create awareness in the community of the importance of human milk and the need for community support for the nursing mother and her baby.

Our Vision

For breastfeeding and human milk to be norm for human babies. For babies to be breastfed exclusively for six months, with continuing breastfeeding for two years and beyond.

Breastfeeding Counsellors

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24 Hour Breastfeeding

Hotline

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Em@il Counselling

breastfeeding.asn.au

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"Breastfeeding...
naturally" valued at
\$34.95 free, when you
subscribe to ABA.
breastfeeding.asn.au

"Why do I breastfeed? I breastfeed because it is how human females were designed to nurture their young. I breastfeed because it allows me precious close time with my daughter. I breastfeed because it ensures my daughter is getting optimum nutrition, antibodies and will have a smaller chance of contracting major diseases. I breastfeed because it is convenient, portable and easy and because she can have access to it anytime she wants. If I wanted to go without her I could express

Coffee Morning Dates 2010

July 5th - Breastfeeding your Toddler (SHLTC)

August 2nd - Speech Pathologist – guest speaker (SHLTC)

September 6th - Sleep – who needs it? (SHLTC)

1st Monday of the Month at SHLTC

SHLTC: Swan Hill Lawn Tennis Club, Ken Harrison Reserve, Yana St.
Meeting times are **10am-12pm**, all welcome.

Phone for directions. If you are able to bring something to share for morning tea it would be appreciated. No nuts please.



There is no doubt that breastfeeding is natural. However, the early days are a learning period for both mother and baby. Happily, with the right support and information, most women do breastfeed successfully.

For over forty years the Australian Breastfeeding Association (formerly Nursing Mothers' Association of Australia) has been helping mothers and babies enjoy breastfeeding.

The association's trained breastfeeding counsellors help thousands of mothers every year. As breastfeeding mothers themselves, they know breastfeeding may not always seem easy. Their experience can reassure new mothers and give them the knowledge to understand how breastfeeding works.

All mothers have access to the same support and information in their local group. Just as women enrol in antenatal classes during pregnancy to learn about childbirth, mothers-to-be find subscribing to the ABA before their baby is born, or attending a breastfeeding education class, a great way to learn about breastfeeding and parenting.

Regular contact through your ABA subscription enables you to meet other mothers and their babies, gather correct, up-to-date information and form lasting friendships.

Some mothers experience difficulties breastfeeding, especially in the early days. As with any problem, prevention is better than cure. Knowledge and confidence are the best prevention you can have. Your ABA subscription will provide you with both.

The Australian Breastfeeding Association is not just for women experiencing breastfeeding problems. In fact, being a subscriber means you are more likely to breastfeed successfully and are able to prevent or overcome most problems. All mothers can share in the support and friendship that is ABA.

Social Lunches

3rd Thursday of the month.

Contact Kristin for location details on 50376610

Breastfeeding Education Classes
Prepare yourself and your partner for the journey ahead, attend a BEC! Phone Rachel for more info!

EXPRESSING AND STORING BREASTMILK

Naturally the best way to remove milk from your breast is by feeding your baby, but there may be occasions when this is not possible and you need to express your milk.

Perhaps

- Your baby is premature or unable to suck well
- Your baby is in hospital and you can't be there for every feed
- You are in hospital and you baby can't be with you for every feed
- You have returned to the paid work force, study or other commitments
- You are leaving your baby with a carer while you are out
- Or your breasts sometimes feel too full and uncomfortable

Many mothers like to keep a small store of breastmilk in the freezer for emergencies, as babies fed breastmilk alone during the first six months are less likely to suffer allergies or infective diseases.

There are several techniques you can use to encourage your milk to let down while expressing. Consciously try to relax, using whatever method suits you. Try to express in a quiet, warm, relaxing area, away from distractions. While expressing, breathe slowly and deeply. You could express in the place you usually sit to feed. Some mothers have a warm drink first or listen to soft music such as ABA's relaxation tape *Softly Softly*, relaxing to breastfeed. Warmth (expressing after a warm shower, warm face washers on the breast for a few minutes before starting) may also help.

Gently massaging your breasts by stroking down towards the nipple, and gently rolling the nipples between your fingers. While you can't actually push the milk out of your breasts by massage, you can help trigger the let-down by touching your breasts.

Thinking about your baby and how much your breastmilk is helping her will encourage your let-down reflex. If she is premature or sick in hospital, you might find it easier to express near her crib or just after you leave her. If you are away from her, try looking at her photo to help you let down.

Many mothers find they manage much better when they have an encouraging partner or friend. Your ABA breastfeeding counsellor can also give you ideas and encouragement as you learn to express.

How much you need to express depends on your reason for expressing. If it is to reduce engorgement when you have too much milk, you need only express enough to feel comfortable. If you have a blocked duct or mastitis, allow baby to feed as often as possible and express as much as you can after a feed. See ABA's booklet *Breast and Nipple Care*. Some mothers who are expressing regularly can quickly get 90 - 120ml from both breasts every three to four hours. Others simply cannot express such big volumes at one time, and find it easier to express small amounts more frequently eg up to 30ml every one to two hours. A few mothers find it difficult to express, although they have a good supply and the baby is thriving.

It is important not to judge overall milk production by the amount of milk you can express. The baby's technique of extracting the milk is the optimum, and he will always be able to get more milk than you; expressing is second best.

Hand expressing might not be easy when you first try it - you might feel quite discouraged if, after all your efforts, you only manage a few ml or even a few drops! Take heart, gradually you will become more familiar with the feel of your breasts and how to make the milk flow most easily. When you are able to put your baby to the breast, you will find your supply quickly increases to meet his needs.

Breastmilk	Room Temperature	Refrigerator	Freezer
Freshly expressed into a closed container	6-8 hrs (26°C or lower). If refrigeration is available store milk there	3-5 days (4°C or lower) Store in back of refrigerator where it is coldest	2 weeks in freezer compartment inside refrigerator. 3 months in freezer section of refrigerator with separate door. 6-12 months in deep freeze (-18°C or lower).
Previously frozen—thawed in refrigerator but not warmed	4 hours or less (ie the next feeding)	Store in refrigerator 24 hours	Do not refreeze
Thawed outside refrigerator in warm water	For completion of feeding	Hold for 4 hours or until next feeding	Do not refreeze
Infant has begun feeding	Only for completion of feeding, then discard	Discard	Discard