

# BREASTFEEDING

*Best For Baby, Best For You*



## HUMAN MILK BANK

Donate breast milk to save sick neonates

**FH** FERNANDEZ  
HOSPITAL

Health Care for Women & Newborn

## Breastfeeding your baby

Your newborn baby's basic needs are food, warmth, love and security. Experts everywhere agree that breastfeeding is by far the BEST way to provide your baby with the nourishment needed for healthy growth and development. Its beneficial effects are seen not only in infancy, but also during the early years and throughout life.

Breast milk is designed specifically to satisfy all your baby's nutritional needs up to the middle of the first year. It is the most complete food available and has all the essential ingredients in the correct proportions.

## How breastfeeding helps the mother

- Breastfeeding encourages the womb to contract and return to its usual size more quickly. This reduces any risk of heavy bleeding after delivery.
- Extra fat has been stored by your body during pregnancy to enable you to produce milk when your baby is born. When you breastfeed your baby, these extra calories are burnt up and you lose weight slowly and naturally.
- Breastfeeding does not ruin your figure. On the contrary, women who breastfeed regain their figures faster than women who don't. If you don't breastfeed, then these extra calories remain in you and you will have to get rid of them by other means.
- Several studies suggest that women who have breastfed their babies may have a decreased risk of breast cancer, postpartum depression, osteoporosis and hip fractures, later in life.
- Breastfeeding is a wonderful way of bonding with your baby. It is a time for relaxing and enjoying your baby. It is a time that is exclusively for you and your newborn. For many women, breastfeeding is accompanied by a sense of calm and satisfaction, which is probably related to the helpful hormonal changes while breastfeeding.
- If you breastfeed, there is less anxiety about buying / preparing the milk, and about the water used. There is no tension about baby's feed being delayed during emergencies like traffic jams powercuts, breakdowns, etc.

Also, travelling with the baby is much easier when you breastfeed. Breast milk comes at the right temperature, in its own container. It doesn't need mixing. It is available any time, anywhere, IT IS FREE!

### Advantages for baby

Breast milk coats your baby's digestive system. It is light and easily absorbed, so your baby is less likely to suffer from wind, colic, constipation, and diarrhoea.

Breast milk contains antibodies which help fight infection such as cough, chickenpox, measles. It also helps to protect against conditions triggered by allergy, such as eczema and asthma.

Possibly, because breastfeeding requires more exercise of jaw muscles, breastfed babies tend to have better dental development. Studies have shown that breastfed babies are more secure and content and grow up to be confident individuals.

### How should the mother hold the child while breastfeeding?

First, the mother should take a comfortable position for her self and hold the baby in proper position as described below to facilitate good attachment (Latching).

#### Mother's Position

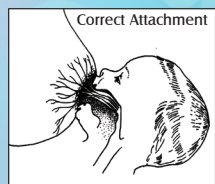
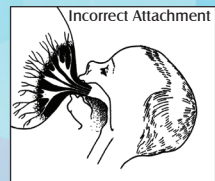
- Sitting comfortably with good back support.
- Holding breast in big 'C' grip of hand.
- Touching nipple to upper lip by bringing nipple in front of nose and giving mouthful of breast as soon as the baby opens the mouth widely.
- Interacting with baby while feeding.

#### Baby's Position

1. Turned towards the mother.
2. Good skin to skin contact.
3. Head and body in one line.
4. Neck, back and buttocks well supported.

#### Baby's Attachment

1. Maximum possible areola in baby's mouth (Lower portion more).
2. Mouth wide open
3. Lower lip turned outward.
4. Chin touching the breast.



## How to breastfeed

Although breastfeeding brings its own unique reward, it is an art that has to be learnt. It must be stressed, however, that all women can breastfeed. When it comes to breastfeeding, the word “cannot” does not exist. Remember, the more you breastfeed, the more milk you produce.

Get into a comfortable position. Prop yourself up with pillows behind your back and under your arms. Cradle your baby in your arms such that the mouth is directly in front of your breast. Don't worry that your baby might suffocate. Mother Nature has taken care of that. A baby's nostrils are broad and flared at the sides so breathing is possible even when the baby is sucking. Make a determined effort to breastfeed your baby. In a few days you will enjoy the unique bonding with your baby that only breastfeeding can bring.

## Successful breastfeeding

There is only one magic formula for success in breastfeeding – never give up. Feed your baby on demand. A baby who is exclusively breastfed does not require anything else – not even water. So do NOT resort to bottle feeds, because you feel that you don't have enough milk. Every mother has enough milk. It only needs patience and perseverance.

Fernandez Hospital promotes breastfeeding as the healthiest way a woman can feed her baby. We recognise the unique health gains that exist and encourage all women to make an informed choice in infant feeding.

## EDUCATION PROGRAMME FOR MOTHERS

Fernandez Hospital has classes conducted by certified counsellors. Learn about what Nature has provided for your baby. Mothers will be educated on practical aspects related to breastfeeding. Below are the topics and schedule.

- The Importance of breastfeeding.
- Different breastfeeding positions.
- Breast related problems and solutions.
- Expression and storage of breast milk.
- Working mothers and breastfeeding.
- Discussion of the mother's concerns.



## SCHEDULE OF BREASTFEEDING AWARENESS CLASSES

Location	Day and Time	CONTACT
Unit 1 Bogulkunta	Every Wednesday 12.00 pm to 1.00 pm	8008570465
Unit 2 Hyderguda	2 <sup>nd</sup> & 4 <sup>th</sup> Saturday 3.00 pm to 4.00 pm	8008902041
Unit 3 Jubilee Hills	2 <sup>nd</sup> & 4 <sup>th</sup> Saturday 12.00 pm to 1.00 pm	7337320896
Unit 5 Banjara Hills	Every 3 <sup>rd</sup> Wednesday & 3 <sup>rd</sup> Saturday 11.30 am to 12.30 pm	7337320895
	Every Sunday 11.00 am to 12.00 pm	

Help other needy mothers  
to nourish their babies...



FERNANDEZ HOSPITAL

# HUMAN MILK BANK

Donate breast milk to save sick neonates

## **Hospital policy on breastfeeding and donor milk**

- To promote breastfeeding for all healthy term neonates.
- To promote expressed breast milk (EBM) for preterm and sick neonates in the NICU. If EBM is not available or is inadequate, then to use human donor milk from the Milk Bank as a substitute.

## **Human milk provides optimal nutrition**

Nature desires that every baby should have breast milk. Human milk is species-specific and provides unique benefits. The unique composition of human milk includes nutrients, enzymes, growth factors, hormones, immunological and anti-inflammatory properties, that cannot be duplicated in any other milk. Human milk provides optimal nutrition, promotes normal growth, and reduces the risk of illness / disease.

Babies fed on breast milk have lesser allergies / asthma and higher IQs compared with those on formula. Human milk is the standard food for infants and young children including premature and sick newborns. In situations where a mother's own milk is not available, provision of pasteurized, screened donor milk is the next best option, particularly for ill, or high-risk infants.

Premature babies fed on human milk have lesser gut infections (Diarrhea, Necrotizing Enterocolitis), lesser sepsis and better feed tolerance. These babies require lesser days on intravenous fluids and hence are discharged earlier from the NICU.

## **Advantage for mothers donating milk**

- Less pain due to breast engorgement.
- Increased milk output for their own baby.
- The more milk is expressed from the breast, the more milk is produced.

- Satisfaction of helping sick and premature babies for their survival and early discharge from hospital. It is a service to humanity.

The myth that donor milk causes unknown infections is not true, as the process of pasteurization destroys the deadliest viruses, such as HIV.

### **What is a Donor Milk Bank ?**

A Human Donor Milk Bank is a service established in our hospital for the purpose of collecting, screening, processing by pasteurization, and distributing the donated human milk to meet the specific medical needs of newborns, for which it is prescribed.

### **How does a Donor Milk Bank operate ?**

A Human Donor Milk Bank receives milk from lactating mothers who are carefully screened for health behaviours and communicable diseases, similar to the way Blood Banks screen donors. After mothers feed their own babies, they express the extra milk into special containers. This milk is then pasteurized, screened for infections and stored in a deep freezer. When the need arises, the frozen milk is thawed and fed to a newborn.

### **Grateful mothers**

“Donor milk meant the difference between life and death for my baby.”

*- Michelle Valdez*

“My child might not have lived if it weren’t for breast milk donations. She is adopted and I couldn’t provide her with mother’s milk....”

People don’t realize that some children can’t survive on formula and some mothers can’t provide their own breast milk.”

*- Mary Jane Pfuetze*

# DONATE BREAST MILK AND SAVE A SICK BABY

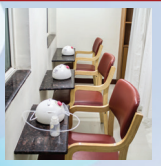


**Screened Donor Mother**



**Thawing done at room temperature and fed to the baby through cup or pallada**

**Expressed Breast Milk**



**Bacterial culture report negative, then transfer containers to second freezer (-20°C)**

**Storage in sterile steel containers and pooling in fridge at 4-8°C**



**Kept in freezer first at -20°C till culture report**

**Pasteurisation in Shaker Water Bath by Pretoria Holder Method at 63°C for 30 min**



**Milk sample collected for bacterial cultures**

**For more details contact : 040-40632411 or 8374004848**  
Our Lactation Counselors will guide you on screening and donation procedures.