

Mother Health Care



Source of the original information of the following note that is in Mandarin Chinese (Traditional) from a take home booklet, is from and is given to parents with newborn babies at MacKay Hospital (Taipei), with medical terms referred from Pai's English-Chinese Medical Dictionary (sixth edition), given by Professor Dr. Kenny Kuo, Dean (郭天明) of the YMCA International College, Taipei, plus advice, clarification and help from McKay Hospital professional nurse / and the dearest friend, Ms. Shu-ting Lu.(呂淑婷) This translation (Mr. Fun-yuen Chang)(張根源), done at no cost and aimed for no monetary gain, is made to help foreign mothers who are having their babies in Taiwan. Hopefully, this will serve to be insightful (as it is translated directly from MacKay's booklet). It must be noted with exclamation marks that some hospitals might have different rules and suggestions for treating babies. Please treat it with regard and appreciation to the growing technology and endless effort of all wonderful nurses delivering, treating, and taking care of your babies.

◎After Given Birth

Puperperium: After delivery, the mother's the uterus; the womb needs approximately six weeks of time to recover to its original condition, as of before pregnancy. This period of time is called puperperium, or as some people calls it: "being in confinement."



1. Womb Recovery: Soon after the mother has given birth, the mother could probably feel a clot around your stomach, and that is your uterus, or the womb. The uterus would be in the position around the belly, or at approximately 1 centimeter below the belly. On the second day after given birth, the uterus would be in position a little high above the belly, but it would “descend” and get lower and lower 1 centimeter each time, and eventually back into the pelvic cavity. To help the contraction of the uterus after given birth, you could gently message your belly in circle around your uterus. Approximately ten days after given birth, the uterus would descend into the pelvic cavity and you would no longer be able to feel it by hand. Before measuring the position of the uterus, be sure to do what you would do when “your nature calls,” so measuring the position of the uterus would not be affected by bladder.

2. Lochia: After given birth, the mother’s vagina would bleed blood similar to blood seen during menstrual/monthly period, and this is called lochia. On the second to the third day, lochia would come out in an amount more than the usual menstrual period and would seem red in almost every case. One to two weeks after given birth, fewer amounts of lochia would come out from the body and it would appear brownish. Three to four weeks after, lochia would be yellowish or whitish in color. Four to six weeks after birth, lochia should have been completely out of your system. If after given birth excessive amount of lochia occurs, or should it occur with clot or strange smell, or when it takes long period of time for lochia to come out of your system, or lochia causes fever or abdominal pain of any kind, see your doctor immediately.



3. Reoccurrence of Period or Menses (Menstrual / Monthly Period): Difference in the reoccurrence of menstrual period is seen on mothers that do not breast-feed their babies and mothers that do breast-feed their babies. Mothers that do not breast-feed their babies would have reoccurrence of their menstrual period in six to eight weeks after given birth; mothers that do breast feed their babies would have their reoccurrence of menstrual period eight weeks or longer after given birth.

4. Caring of the Wound: For mothers who had given Normal Spontaneous Delivery (NSD), or in other words, natural childbirth: To keep good hygiene of your perineum, please clean your perineum according to the instruction given by your Nursery personnel and clean it from the front toward the back every time after you had an excretion. After tapping dry your perineum with clean tissue papers, apply an ointment or salve with clean cotton swab from the front toward the back and around the wound. If the doctor had subscribed to the mother medicinal liquid to be used after a hip bath, follow instruction given by your Nursery personnel – take bath twice a day and apply medicinal liquid on and around your perineum after tapping it dry with clean tissue. For mothers who had given Caesarean sections (or called CS): When hospitalized, doctor will examine your wound and change dressings once every one or two days. After you check out from the hospital, make sure to change the 3M tape applied on the wound once every week. There is no need to apply extra ointment, but remember to apply the 3M tape on the wound for half a year to prevent scar from forming from the opening of your stomach. Mothers who had given Caesarean sections should not take bath and should take a sponge bath for the first 10 days at home. Ten days later, mothers who had given a Caesarean sections are allowed to take shower but do not take bath. If around the wound there seems to be rash, swollen, heated, or is hurting with pain, see a doctor immediately.



3M tape

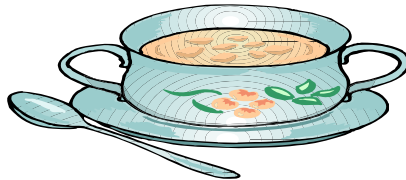
5. The Proper Time to Leave Bed: For Mothers who had given natural childbirth: Six to eight hours after given birth, the mothers could leave bed according to their own physical condition to do gentle exercises and to go to the bathroom. When leaving bed, be sure to move slowly. Before leaving bed, sit on the edge of your bed for five minutes at first, then stand up by the bed for another five minutes, be sure there is no dizziness in head nor cold sweat or icy perspiration, then leave bed to exercise or to go to the bathroom.



For Mothers who had given Caesarean sections: Mothers who had given Caesarean sections may leave bed when your wounds do not hurt as much. Gradually and slowly, sit on the bed for five minutes, then stand by the bed for another five minutes to make sure there is no dizziness or cold sweat occurring, before leaving bed for exercise or to go to the bathroom. Normally after operation, mothers who had given Caesarean sections can now wear bellyband to stabilize the wound and the muscle around the wound. You could try to leave bed on the second day, but be sure to avoid occurrence of low blood pressure (which would occur due to your posture or if you change your posture too fast: such as standing up too fast). The earlier you begin to exercise and get your body moving, the faster your condition would get well.



6. Eating: Please eat well after given birth as eating well helps provide you the strength needed to get well and to feed. You might feel very thirsty after given birth. Drink more warm water or fish soup (or easily digestible food that is not so heavy in terms of taste. Don't you go dig for fries or your favorite chili sauce right away!) In Chinese culture it is tradition for the family to bring the mother Chinese soup made of high essence chicken broth or the likes. But when the doctor subscribes medicine to help the contraction of the uterus, try not to take your family's warm soup of love together with the medicine subscribed. If your body is not comfortable digesting beans, eggs, or diary products, avoid having the above food until your body has given gas (good sign for after having operation) or after you have had excretion.



7. Exercising After Given Birth: Exercising after given birth can help the contraction of muscles around your stomach parts to help the uterus descend back into the pelvic cavity and help the mother recover, and get back to the original physical state – slim and fit. Depending on the condition, the mother could choose exercises most suitable for them. Mothers who had given Caesarean sections should start exercising after resting for a longer period of time after operation. Remember to exercise regularly and constantly, but avoid getting too exhausted. Start by doing light and easy stretches before moving on to intense exercises, and regularly urinate before doing any exercises. It is recommended that you do not exercise one hour before and one hour after meal. If excessive amount of lochia or pain occurs, see a doctor immediately and consult advisors for more suitable stretches. Below are examples of stretches and exercises mothers could do to help get back in shape:

Body Parts Exercised (After Given Birth)	When To Do Them (Counting After Given Birth)	Method
Chest	Day 1	<ul style="list-style-type: none"> ● Lie face up with body and legs straightened, breath in slowly and then exhale after a few seconds while having the stomach tucked in and the back on the ground. Repeat 5 to 10 times.
Breast	Day 1	<ul style="list-style-type: none"> ● Lie face up. Raise both arms slowly from the sides and close them together in the air (as if you are clapping your hands with your arms straightened, while lying down). Keep both arms straight. Place arms back to the sides after "clapping hands" in midair. Repeat 5 to 10 times.
Neck	Day 3	<ul style="list-style-type: none"> ● Lie face up. Try to use the muscle of your neck only and tilt head toward the chest while lying on the ground. Return back to original position and repeat 5 to 10 times.
Leg	Day 7 – Day 10	<ul style="list-style-type: none"> ● Without using the help of your arms, while lying face up, lift your leg (one leg at a time) straight up so it is perpendicular to your body in a 90 degree angle. You may try lifting both legs up at the same time when you are not as tired. Repeat 5 to 10 times.
Hip	Day 8	<ul style="list-style-type: none"> ● While lying face up, lift your leg toward your body so your knee is close to your stomach. Put leg down and lift another leg. This exercise is to be done twice a day.
Private Parts	Day 10 – Day 15 (this exercise would help sexual activities and would prevent incontinence of excrement.	<ul style="list-style-type: none"> ● While having your head and both legs down on the ground, use your back to lift your body and hip up. Support your body with your shoulder. With your legs spread, repeat closing in and opening your knees. This exercise is to be done twice a day.
Abs	Day 15	<ul style="list-style-type: none"> ● Lie face down. Cross both arms in front of your chest, sit up while keeping your legs straightened. You may repeat sit ups while holding the back of your head with both hands when you are not as tired. This exercise is to be done twice a day.
Crouching	Day 15	<ul style="list-style-type: none"> ● Lie face down while holding your hip up high. Look at one side. Spread legs. Your thighs should be perpendicular to the ground.

8. Check Ups After Given Birth & Avoiding Pregnancy: Four to six weeks after given birth, you may choose to return to hospitals or governmental health service centers to check on the uterus, the cervix, the ovary, and the private parts, in that after a month, whether or not you have breast fed your babies, there is always the possibility of your body ovulating before your menstrual period returns to normal, thus you should start applying methods below to avoid pregnancy a month after given birth, and not after your menstrual period begins again. As for sexual activities, you must wait for lochia to be completely out of your body after given birth, and after your doctor has given you the permission and assurance that the uterus has returned to the pelvic cavity.

Ways to Avoid Pregnancy:

Methods	Advantage	Note	Side Effect(s)	Usage
Counting Periods	No need to apply additional materials.	Not to be used for people with irregular menstrual periods.	No side effect.	Count the first day of menstrual period to the day before the next menstrual period. Record the dates of menstrual periods for the next six months in order to find out the shortest and the longest period. Take the longest period and minus 10 (days), and take the shortest period and minus 18 to calculate the critical days (possible days of pregnancy).
Measuring Body Temperature	Easy to learn. No side effect to the body. Once this method is not used, it is easy to get pregnant again. Economical and can be used to evaluate the condition of the ovary.	Not to be used for people with irregular menstrual periods. Must keep good mood to better calculate critical days of being pregnant. Data must be recorded daily. To be used with other methods to avoid pregnancy.	No side effect.	Starting from the first day of menstrual period, calculate body temperature by placing thermometer under the tongue for five minutes.

Using Condoms	Easy to use. No need to have physical. Help prevent sexual diseases and lower the possibility of metritis; hysteritis.	Before putting condoms on, gently squeeze the tip of condoms to push the air out. Each condom is to be used once only after each ejaculation.	No side effect.	To be used every time before having sexual activities.
Taking Oral Contraceptive Pill	Most effective method so fact. Women who have stopped taking oral contraceptive pills could be pregnant again.	First time users must consult doctors before using pills. Must be taken everyday and cannot be stopped, otherwise there lies the possibility of being pregnant and possible occurrence of septicemia. If forgotten to take pill, you must retake pill within 12 hours.	Stomachache. Physical pain on nipples. Gain weight. Headache/head spin. Spots bleeding. Few may have high blood pressure or stuck in blood vessels.	Oral Contraceptive Pills contain lutein. Packages of pills come in 21 per pack or 28 per pack. <u>Using pills that come in 21 per pack:</u> Pregnant women should start taking pills 28 days after given birth (regularly, women should take pills five days after menstrual period has begun), and from that day on continue to take one pill per day for three weeks, and then stop taking pills for one whole week. <u>Using pills that come in 28 per pack:</u> Women using pills that come in 28 per pack should also start taking their first pills 28 days after given birth, and start taking the 21 pills that are the same color (one pill per day), and then begin taking another seven pills of pharmaceutical preparation with iron substance (the iron pills come in seven pills per pack). On the second or third day of taking pharmaceutical preparation with iron tonic, menstrual period would occur.
Using Intra-Uterine Device (IUD)	Easy to implant. Pregnancy is very possible once IUD is removed from body. No need for preparation	Must be implanted by doctors. Must check regularly. Only a few whose body would eject IUD. Could cause pelvic inflammatory disease and ectopic	Could cause lumbago; backache, spots bleeding, extensive menstrual period or excessive bleeding during menstrual period. Pain on legs.	To be implanted after having menstrual period, and assurance of no pregnancy six weeks after given birth.

	of any kind before having sexual activity.	gestation.	Pain during sex. Infection of the urinary system.	
Female Ligation of Salpinx	Contraception forever. Most effective. No need for preparation before having sexual activities. For all ages.	Cannot have kids. Operation must be done by doctors.	No side effect.	To be done within 24 to 48 hours after given birth, or three to four weeks after given birth.
Male Ligation of Salpinx	Contraception forever. Most effective. No need for preparation before having sexual activities. Easy operation. No effect on sexual organs after operation. For all ages.	Cannot have kids. Operation must be done by doctors.	No side effect.	To be done anytime. The operation is technically successful under the condition that there are no more sperms found after 15 ejaculations.
Elegant Burang Implantation	Can be effective for five consecutive years. Can be pregnant once implantation is out of the body. Comfortable and does not affect sexual life.	Entire procedure and operation must be done by professional doctor.	At the beginning of implantation, irregular menstrual period would occur (spots bleeding, less or no menstrual period). Light headache, nausea, head spin, moody.	Implantation is best during menstrual period; latest implantation is seven days after menstrual period. Implantation is usually done on the inner left arm, and would cause only a small scar that would heal in two to three days. Remember to keep the cut dry.

© Breast Feeding



Give your baby a present of love – Breast Milk.

Breast milk is best for your baby, who, when being fed with breast milk, would receive the best nutrition and the care and sense of security needed for the development of the character.

1. Advantage of Feeding Breast Milk:

(1) For the Mother

- Help enhance relationship with the baby
- Help contraction of the uterus
- Lower the chances of having breast cancer
- Economical

(2) For the Baby

- Easy to digest
- Breast milk is clean and is warm in temperature
- Breast milk contains antibodies and multiple nutrition that would enhance the stomach and breathing system's resistance against diseases.
- Breast milk causes fewer problems related to vomiting, constipation, or allergies.
- Breast milk contains taurine that helps the development of the brain and the retina.
- Breast milk provides baby with calcium and phosphorous in the right proportion.
- Breast milk helps the development of the baby's teeth and jaw.

- Milk powder nutrition may be lost during the process of preparation; however, breast milk has all the nutrition that will not be lost when feeding.
- According to studies, babies who had been fed with breast milk tend to have higher intelligence.

2. Successful Principles of Feeding Breast Milk:

(1) At an early stage, have the baby suck on the nipple

- Natural breast milk requires no mixture of milk powder, glucose water or water, the mother's body will naturally produce the right amount of breast milk for the baby, according to the need.
- Do not prohibit breast feeding time and the time between each breast feeding process. Remember to breast feed according to the baby's need and will.
- If the baby needs a lot of breast milk, the mother's body would produce more breast milk. If the baby does not need as much breast milk, the mother's body would not produce as much breast milk. Thus, the mother must remember to breast feed at night as well.
- Try not to use plastic nipple or milk bottle, in case they confuse the baby with the mother's nipple.
- Try keeping baby with the mother for as long as possible to enhance their relationship.
- The mother must remember to keep it easy and have regular amount of rest, in order to produce right amount of healthy and nutritious breast milk.
- Even when the baby is not around, squeeze breast milk out of your body to maintain the supply of breast milk produced by your body.



3.Methods and Techniques of Breast Feeding:

(1)Preparations for the mother:

- Relax, sit or lie down comfortably, and place hugging pillows, cushions or even blankets folded together, behind your back or your head (when sitting down to breast feed) or under your arms (when lying down to breast feed) to support your body while breast feeding. You can also place small pillows or cushions behind the baby's back for support.

(2)Key points for cuddling/holding your baby:

- Let the baby get close to you, the mother, and face your breasts, while having the baby's nose pointing at the breasts.
- Make sure the baby's head, neck, and body are in a straight line, and that the baby's stomach is closely touching your stomach.
- If the baby is a newborn baby, the mother ought to support the baby's head, shoulder and hip while breast feeding.

(3)Techniques the mother can use:

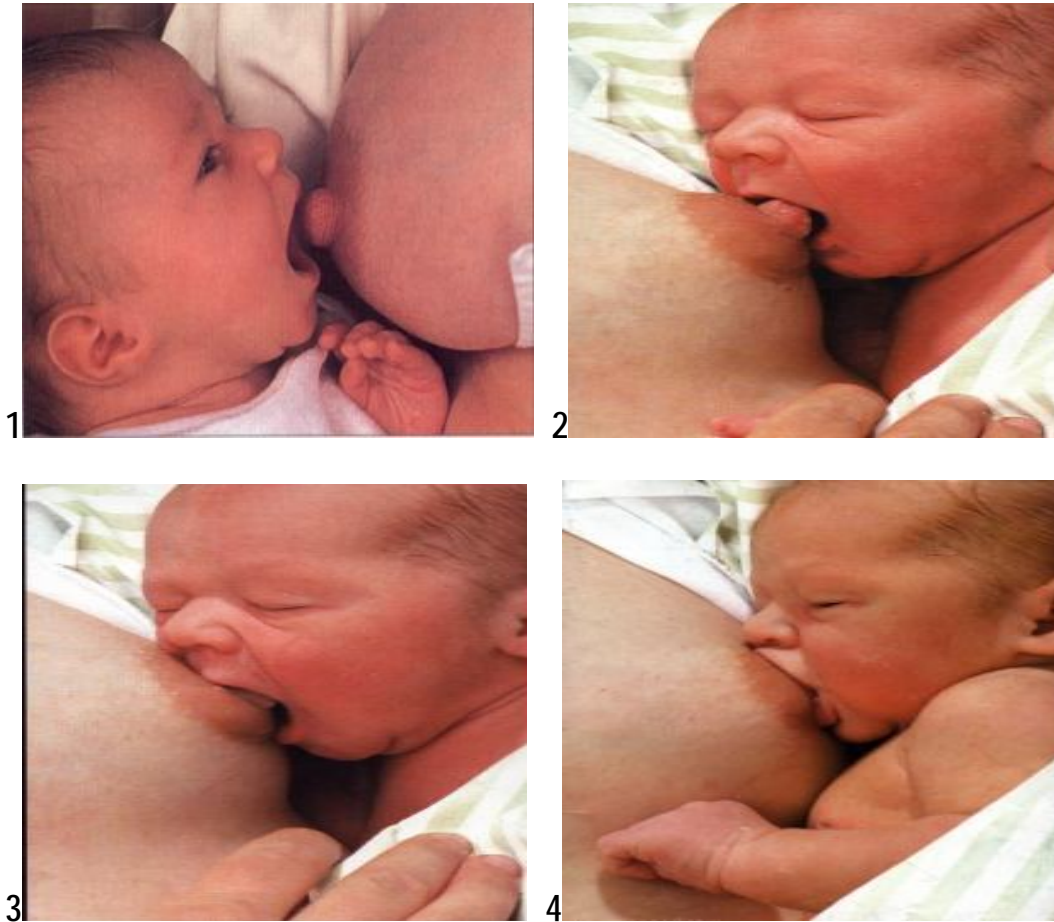
- Hold on to one of your breasts and use it to touch the baby's lips, to advance the baby's reaction for finding things (and in this case, touching the lips would let the baby know it is time to eat and the baby will learn to search for the mother's breast). As it is the baby's natural reaction to know that it is time for another meal, the baby would open up his/her mouth. And at this time, hug the baby closer into you so that the baby can start eating. Let the baby suck on to both the areola and the nipple, not just the nipple only.

(4)Proper behaviors the baby ought to be doing when being breast fed:

- During proper breast feeding, the baby's body is close to the mother's.
- The baby's face is attached to the breast.
- The baby's mouth should be wide open.
- The baby's lower lip ought to be everted, and is sucking on to the areola.
- The baby's upper lip does not cover as much of the areola as the lower lip

does.

☛ You should feel deep and slow sucking and swallowing sound.



註：圖片取自 http://www.breastfeeding.com/helpme/helpme_images_latchon.html

☛ The mother can also try the following positions when breast feeding in order to prevent possible Mammary gland blocking:

- **Sitting**



註：圖片取自 <http://www.babysgarden.org/web.php?webid=135>

● Lying



註： 圖片取自 <http://www.babysgarden.org/web.php?webid=135>

● Reclined position while sitting



(5) Breast feeding time:

- There is no limitation or rule on how long it lasts between each two feeding times. When to feed and how long each feeding takes depends totally on the baby, and not by the routine meal time we adults use. The baby will choose when and how much to eat. To prevent pain on breasts, change the baby's position during feeding and increase feeding times to help the condition.

(6) The mother can use following references to observe whether or not the baby has gotten enough breast milk:

- Feed your baby once every two to three hours, and that when feeding you can hear swallowing sound (you would be feeding your baby about eight times a day).
- Every time after feeding, the mother's breasts would not be as large, and would feel softer.

- The baby pees six to eight times a day, and that the color of his/her urine is lighter in color and not dark yellowish.
- The baby's excrement comes in yellowish and soft.
- After feeding, the baby ought to be satisfying and sleepy.
- The baby's weight should increase gradually. Fifth day after birth the baby's weight would stop decreasing, and before the second week after birth the baby's weight should return to the original weight measured at birth.

4. Dishes that Help Increase Breast Milk: Please refer to traditional Chinese dishes.

5. Ways to Feed Babies At Work:

(1) The mother can collect breast milk by squeezing them out by hand:

- Wash your hands. Place your hands in a C shape and under your breasts, with your palms holding on to your breasts and your fingers close to the nipples, and squeeze your breasts.
- With your thumb and forefinger, squeeze on the nipple and on the areola.
- Squeeze and push on all sides of your breasts, until breast milk leaks out from your breast. If breast milk does not yet come out, try squeezing your breast from another position.
- Apply the same method on the other breast. You could also use a breast pump at work to help squeeze out breast milk, but it is best to do it by hand. Before work, squeeze out breast milk and store it in the freezer, and let the babysitter unfreeze it later.
- Feed your baby before going to work. During work, in every three or four hours squeeze breast milk out. You can store it in the refrigerator with ice at your workplace and feed this breast milk the next day. While at home, it is strongly encouraged that you breast feed your baby with breast milk in that the sucking of the baby during breast feeding will increase the secretion of breast

milk.

(2) Storage of breast milk and unfreezing breast milk:

- ✦ Use a clean and disinfected bottle to store breast milk, and do not mix warm breast milk with cold breast milk. In room temperature, fresh breast milk can be stored for 12 to 24 hours. Breast milk can be stored for six to 10 hours. Storage in the refrigerator can store breast milk for five days; freezer can store milk for three to four months.
- ✦ Frozen breast milk that is taken out to be unfrozen needs to be used within 24 hours, and it must be placed for four hours under room temperature before use, and that once it is unfrozen, do not refreeze breast milk. Do not use microwaves or heating pans to warm breast milk. However, you can warm breast milk (that is in feeding bottle) by running 50°C warm water on the feeding bottle.

6. Breast Problems After Given Birth:

- (1) **Inverted Nipple:** Inverted nipple would make breast feeding more difficult. There are ways to help the condition: you could use your forefinger and your middle finger to reshape your nipple and place ice on it to make it harder so that it would be easier for the baby to suck on.
- (2) **Nipple Ache:** The pressure point on breast is where the baby squeezes his/her cheeks and nose on during breast feeding. To help the situation, you can change feeding position by holding the baby in a way as if you were holding on to an American football, or by using the lying down position to feed your baby.
- (3) **Excessive Breast Milk:** Three to four days after given birth, the secretion of breast milk can become excessive and makes it uncomfortable for the mother. Such pain could lead to rash, tighten or smooth breast. At this time, the areola would become harder and it would be difficult for the baby to suck on to it during breast feeding. The way to help the situation is to squeeze some breast milk out to

soften areola so the baby can suck on to the nipple. Generally, to squeeze out excessive breast milk, you may use any method you are most comfortable with or by using a breast pump. However, if there is chapped skin on or around the nipple, use your hands when squeezing out breast milk.

(4)**Mastitis:** Mastitis is caused by breast cancer, and it usually was due to infection on cuts on nipple or uncomfortable "enlargement of breast." Symptoms include fever higher than 38.5°C, tiredness, partial rash and pain on breast. To treat this problem, we usually use antibiotics. Use pain killers to help ease the pain. General nursing would be to squeeze out excessive breast milk. The mother can continue to breast feed the baby. (Breast feeding information is referred from Powerpoint Slides provided by Taiwan's Department of Health).

◎Frequently Asked Questions

1. When to clean up after given birth?

☛ Every time after using the restroom, remember to clean your private parts. If liquid medicine is out, you can use warm water instead. However, make sure your private parts are clean and there is no more secretion.

2. How often to change sleeping cushion after given birth?

☛ Every time after each secretion you have to change your "tampons." As for the sleeping cushion, change it every three hours.

3. How long to massage the uterus?

☛ One to two days before scheduled birth, care for the messaging of the uterus. When the uterus is "tired" and its position rises, increase messaging. 10 days after you have given birth, you would no longer feel the uterus in the position around your stomach as it has already "descended" back into the pelvic cavity.

4. What to prepare before breast feeding?

- Preparation before breast feeding is to clean your nipple with clean water, or cleanse your nipple at least once a day.

5. When to return for check ups after given birth?

- Return for check ups four to six weeks after you had given birth.

6. How long would lochia last?

- Lochia would last for four to six weeks after given birth.

7. When would cut on the perineum heal?

- Generally, cut on the perineum would heal three to four weeks after given birth.

8. Why is there less lochia after having a Caesarean section? Is lochia still in the uterus?

- Women who had Caesarean sections would not have as much lochia as lochia had been cleaned out during the operation. Therefore, 24 hours after given birth, women who had Caesarean sections would have less lochia than women who had given Normal Spontaneous Delivery (NSD).

9. What to do if hemorrhoids; piles occur after given birth?

- You could apply pain killers, gel medicine, sit on tire shaped cushions, and take warm bath to ease the pain of hemorrhoids; piles caused from giving birth.

10. Can women who had given birth naturally take bath?

- Yes, however, before finish being in confinement, it is suggestive that you shower only and do not take bath as taking bath may cause infection to the uterus.

11. How to care for the wound after having a Caesarean section?

- 3M tape would be taped on the wound. When you check out from the hospital, you can change the tape yourself once a week. Keep taping the wound for at least six months to avoid excessive scars.

12. When can mothers who had Caesarean section take shower?

- Mothers with horizontal wound do not need to take stitches out, and can shower 10 days after the operation (take sponge bath before). Women with vertical wound would take stitches out seven days after the operation. The mothers can shower four days after the mothers had taken stitches out.

13. After given birth, can we wash our hair (Note: In Chinese culture/superstition women who had just given birth are not advised to wash their hair)?

- Yes. After washing your hair, blow dry it immediately to avoid catching a cold.

14. When can we have sexual activity?

- After lochia is completely out of your body, and the uterus is back to the pelvic cavity can you then start to have sexual activity with your partner. Generally, it is suggestive that you return for check ups and have the doctor reexamine your physical condition a month after you had given birth to start sex again.

15. Why do I not have excrement three days after given birth?

- Due to the influence of progesterone, your muscle is loose and the pressure of your abdominal part would make your first excretion after given birth to happen late. Drink more fluids, fruits and vegetables, or food with fiber to help excretion.



16. Contraction of the uterus is painful, but why do I not experience such pain when I first give birth?

- Because the muscle tension of the uterus is looser than the first time giving birth, the uterus that is often changing its size would cause pain.

17. When contraction of the uterus is painful, am I allowed to take contraction pills?

- Yes, or you can wait until contraction is not as severe.

18. Are we allowed to eat traditional Chinese soup made by Chinese family for their daughter-in-law?

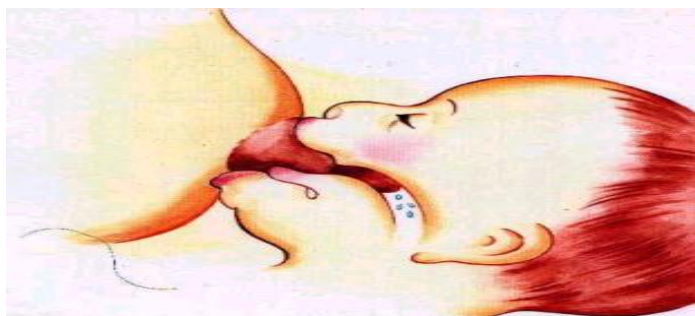
- Generally, doctors will give you contraction medicine to help the contraction of the uterus. Although traditional Chinese soup would have similar effect, it is suggested that you do not mix the two together and eat the Chinese soup after you get home.

19. Do stitches on the perineum need to be taken out?

- No, the stitches would be self observed.

20. What do I have to do if I want to breast feed my baby?

- Since pregnancy, women's breasts naturally would start the secretion of breast milk, which includes the development of Mammary gland cell, areola turns into darker colors, enlargement of the Mongolian glands, and nipples would stick out. Unless the nipple is inverted, there is no need for any preparation. You may join lectures that will give you the latest information on how to feed your baby.



21. When can I start to breast feed my baby?

- ☛ It is best to feed your baby as soon as possible after given birth, in that one to two hours after given birth is when the baby is awake and has the best reflex to eat. You may want to consider even feeding the baby's first meal on the birth stool or the delivery table.
- ☛ During the second stage of labor, after nursery personnel had cleaned out amniotic fluid and wrapped the baby around with clean cloth, you can start feeding your baby right then, and apply eye drops and do the bathing afterwards.
- ☛ World Health Organization and United Nations Children Foundation suggest that half an hour after given birth that the baby receives his/her first meal right on the delivery table. This is referred as the baby's first inoculation from colostrum, and is also the first vaccine given to the baby. Frequent breast feeding would increase the secretion of breast milk and would also prevent swollen of breasts.

22. Would I have enough breast milk after given birth?

- ☛ Five to six months after being pregnant, the development of the Mammary gland cell is already complete. Some pregnant women would have dots or scars on their nipples, and that is because little breast milk had leaked out and dried up on the nipples.
- ☛ Colostrum from the mother is the most nutritious. Every milliliter of colostrum has more than 700 living cell (including lymphocyte, Immunoprotein, and other antibody) that provides the baby the needed nutrition and protects the baby from infection.

23. Why do I have breast swelling three to five days after given birth?

- ☛ Generally, if you breast feed your baby very often after delivery, there should not be much pain from distention of breasts. However, if you thought no distention of breasts mean that you have no breast milk, and that you do not breast feed your

baby, the already produced breast milk has not been excreted from your body. Thus, when breast milk begins to develop, plus a lot of lymphocyte and blood will be centered in and around the breast during breast milk development, the mother will have distention of breasts and could have fever.

24. What do I do with breast swelling?

- The best way to solve breast swelling is to breast feed your baby to release pressure from breasts. However, it could be difficult if the baby had already been in contact with plastic nipple or milk bottles filled with milk powder made milk (thus making the baby to suck on the nipple with various pressure / the baby could had already been used to plastic nipples and not the mother's natural nipple), causing the mother to question why it is hard to perform breast feeding.
- Second possible situation is that when breast swelling occurs, the mother's breast and areola could become too hard, and the nipple could shrink, making it hard to breast feed the baby. To solve this problem, massage the breast and then squeeze out some breast milk to soften the breast and the areola, so the baby can then be fed with breast milk.

25. Why is it that some people hurt their nipples when breast feeding?

- The improper position of the baby during breast feeding could hurt the breast. Plus, when caring for breast, remember to avoid contact with areola when warming breast with warm water. If the breast had been in contact with soap, the secretion oil produced from the sebaceous glands that protects the skin on and around the breast could be gone, thus hurting the breast when breast feeding.



26. Can I still breast feed when my nipple is hurt?

- You should be able to continue breast feeding even when your breast is hurt, otherwise, excessive amount of breast milk stored in the breast could cause mastitis. If the situation is not as serious, perhaps you could try to change the feeding position, and then wet your breast with some breast milk (which should later help heal small cuts on breast and/or on the nipple). If the situation is very serious that causes extreme pain on the mother, squeeze out breast milk with your hand to release pressure in breast. Feed the baby with alternative ways: by using spoons, small cups or empty syringe. Avoid feeding baby with plastic nipple so the baby does not confuse the plastic nipple with the mother's natural nipple. When the breast is severely injured, place breast cover inside the bra to make more room around the chest and keep the breasts dry, so cuts heal faster.

27. What should I do if I have mastitis?

- Mastitis is caused due to excessive storage of breast milk blocking Mammary glands. As long as you breast feed the baby or massage the breast, plus warming the breast by placing warm bag of water on it, to help get rid of blockage in breast, mastitis should heal very fast. If the nipple has gotten cuts and is infected, you are advised to take antibiotics. However, you would still have to continue breast feeding or pushing out breast milk from your breast. Also, drink more water, rest more, and breast feed more.

28. Is breast feeding tiresome?

- The key point of recovery after delivery is not just on the getting back the lost sleeps, but it is the recovery of your uterus that is important – for the uterus to recover back and change size back into a fist big. Breast feeding, importantly, can help the recovery of the uterus.

29. Is breast milk enough for the baby? Why is it that the baby always needs to be fed and why is it that makes the baby sucking on the nipple for so long?

- Breast milk is easy to digest, and also since sucking on the nipple for the baby is difficult, not to mention that the baby has a small stomach, breast feeding the baby 14 times a day is only normal during newborn time.
- Breast feeding not only fulfills the baby's need for food, but it also provides sense of security for the baby. Since the baby is newborn to an unknown world, being close to the mother through breast feeding will help ease the baby's nervousness and will comfort the baby.
- The mother's body would automatically react to the baby sucking on the breast and it knows how much breast milk to provide. The amount of breast milk produced from the mother depends on the amount of breast milk needed by the baby: the more the baby needs breast milk, the more breast milk is produced. Mothers with twin babies or triples, for instance, do not need to worry about the possible shortage of breast milk in that the mother's body will react to the need of the babies.
- We strongly believe that there is never a problem with the amount of breast milk produced from the mother, but there is a possible and negative influence from the involvement of using milk bottles.
- There is no exact way of knowing how much milk fed to the baby had been absorbed. However, by checking at the amount of urine from the diaper within 24 hours, it is possible to reach a possible figure on the amount of milk eaten by the baby: if the amount of diapers progress from two or three per day to five or six diapers per day a few days after birth, it means the baby is absorbing good amount of breast milk.
- Mothers, learn to examine and observe the baby's behavior to help you determine and to know whether or not the baby had been fed properly with the proper amount of milk, by checking on the baby's activeness and development.

30. Why does breast milk make my baby have diarrhea?

- Baby fed with breast milk tend to have more number of times of excrement, and very rare does the excrement seem waterish, making many parents to think their baby has gotten diarrhea.
- In fact, breast milk is easy to digest, and it helps the stomachs' digestion, making the baby to have excrement almost every time after the baby is fed. As long as the excrement seems yellowish and is odorless, there should not be any problem with the baby. (Some mothers had described the baby's excrement that seemed like diarrhea to look like egg flower soup, glue, yellow water paint, or mustard). Gradually, the amount of excrement would decrease to perhaps once every one or two weeks (when the baby is full month old), and the excrement should still be soft, but it is not diarrhea and there is no need to worry.

31. How do I care for my clothing while I breast feed my baby?

- There already is specially designed feeding bra on the market that is easy to open for feeding, which support is also helpful in preventing breasts to change shape. In winter, you could make a whole on your undershirt to make it easy for feeding. However, what is most amazing is the feeding costumes specially made and designed to be used for and when going out, staying at home, or attending parties. Utilize these costumes and feed breast milk is so much more convenient than feeding the baby milk powder – which requires you to bring countless bottles.
- Most people are not aware of the fact that you can actually continue to breast feed your baby at work. If breast feeding at work is inconvenient, you can still make storage of breast milk after work.

32. Isn't breast milk lack of nutritious six months after given birth? Why do I still have to feed breast milk to my baby?

- Breast milk is made up of about 1000 different kinds of natural ingredients. On the other hand, milk powder contains only about 60 ingredients, including the famous and well known (due to commercials) DHA, Oligo, iron, and other ingredients that are said to have influential effect on the development of the baby's brain, and are all made to copy the content of breast milk. Another advantage of breast milk is that biotic from breast milk would still exist even after you have been breast feeding for six months. No research has found that natural ingredients in breast milk would disappear after six months of breast feeding. Plus, if after six months of breast feeding that you include subsidiary products while continue to breast feed your baby, there should be no worry on the lack of nutrition of your baby. However, sudden weaning could influence the development of the baby's body and mind.
- As for the question on when the proper time is to weaning, World Health Organization suggests that breast feeding should continue until the baby is grown to 2 years old, and until the baby no longer needs it.
- Breast milk is the best food for the baby up to six months old. As you breast feed your baby, you would have a lot of time to observe and to have physical contact with your baby. This is indicated by the National Breast Feeding Association to be the best time to establish close mother and son relationship. The Association believes that through breast feeding the mother can understand the baby more. To breast feed your baby with the mother's own and natural breast milk is the standard goal and objective of the National Breast Feeding Association. We truly hope to help mothers that want to breast feed their babies with their own breast milk, and we are also glad to answer questions related to breast feeding.

33. Do I have to mix breast milk (or milk powder) with additional water or sugar?

- No. Additional water would fill the stomach and would affect the amount of breast milk eaten by your baby in the next meal. Breast milk already contains the required water that the baby needs.

34. How to wean breast feeding?

- Weaning should be done slowly. Try to decrease one or two meals per day to gradually ease any uncomfortable feeling of the mother. Pregnant women should avoid eating excessive carbohydrates. When having breast pain, place ice bag on breast or wear tighter bras for support.

Thank Your Attention

