

Planning to Breastfeed



Cool gel pack

Ideal for the early days when your breasts may feel uncomfortable.



Breast pads

Wear these inside your nursing bra to avoid damp patches.



Nipple cream

Soothes sore nipples. Ask your midwife to check your baby is latching on correctly too.



Nipple shields

Keep on hand to use temporarily and give sore nipples a break.



Breastfeeding scarf

Very useful for discreet feeding on the go.



Nursing bra

Offers support and helps you feed discreetly.



Guidelines For Storing And Thawing Breast Milk

Room Temperature	Cooler with 3 Frozen Ice Packs	Refrigerator	Freezer
4-6 hours at 66-78°F (19-26°C)	24 hours at 59°F (15°C)	up to 8 days at 39°F or lower (4°C)	up to 12 months 4°F or lower (-18°C)

Thawing: Breast milk can be thawed in the refrigerator in 8-12 hours, under warm water in about 20 minutes, or in a bottle warmer in about 15 minutes. Separation is normal, swirl gently to mix. Do not microwave.

New Born Visit

- Weight loss is normal the first week. Infant gains the birth weight back on the second week. Follow up every week till birth weight is met.
- Supplement formula if breast-feed is not sufficient. Breast-feed is encouraged more than formula.
- Feed on demand, otherwise, every two to three hours.
- If baby does not intake enough milk, breast pumping and bottle-feed is advised when not sucking properly. Breast milk storing is essential, refrigerated breast milk should be used within 24 hours. Frozen breast milk can be used within 6 months. It is essential to date expiration of the milk.
- If you need advise regarding breast feed, contact the breast-feeding consultant at the hospital where the baby was born.
- Infants tend to have skin that is sensitive and dry and they peel from head to toe up until two to three weeks of age. Lotion can be used only after one month.
- Spitting up is normal. However, spitting up through nose every feed is not normal and needs medical attention
- Shaking, sneezing, stuffy nose, snoring, cough on and off is normal in infants.
- Breast lump is normal on infants.
- Umbilical cord with dry blood is normal. Cleaning up with isopropyl rubbing alcohol with q-tip is needed every alternative day. On separation, fresh bleeding is also normal.
- Due to cold, bluish discoloration on extremities (hands and feet) is normal. Keeping warm mittens and socks on is needed. Exception of bluish discoloration is found on tongue and lips need medical attention
- Infant tends to have periodic or irregular breathing up until 2 months, which is normal.
- Infant girls tend to have mini periods, which coincides with mothers period due to hormonal imbalance.
- Infant boys tend to have big scrotum due to hormonal imbalance, which is normal.