

# Heat Treated Breast Milk

WHAT DO I NEED TO KNOW?



All women need to know how to express and heat treat their breast milk to feed their infants in cases where they cannot feed directly from the breast

Expressing and heat treating breast milk is a useful way of ensuring that breastmilk which is not fed directly from the breast is safe for feeding the baby.

To use this method, you will need:



Water and soap, fuel, a large pot, a heat proof jar with a wide neck and cover, an open cup to feed the baby and a large container to store the utensils.

# How to hand-express breast milk:



Wash the heat proof jar, its cover and the cup that you will use to feed the baby with soap and water...

...And boil them in a large pot of water and ensure that they are completely immersed.



Wash your hands with soap and safe running water immediately before hand expressing.



Sit or stand in a comfortable position in a quiet place. It is sometimes helpful to apply a warm cloth to your breasts and to lightly massage them to stimulate the flow of milk.

# How to hand-express breast milk:



Express your milk into the prepared heat proof jar.

Put your thumb on the breast above the dark area around the nipple, known as the areola, and your fist finger below the nipple and areola. Support your breast with your other fingers.

Gently press toward your chest wall with your thumb and finger together.

Continue to compress the breast while moving your hand away from the chest wall. This should not hurt. If it does, then you are not doing it right.

Press the same way on each side of the areola in order to empty all parts of the breast.

Do not squeeze the nipple itself or rub your fingers over the skin.

Express one breast for 3 to 5 minutes until the flow slows down and then switch to the other breast. Then do each breast again. Change your hands when the one hand gets tired. You can use either hand for either breast. It usually takes 20 to 30 minutes to express all the milk.

# How you can safely heat treat breast milk...



Express your milk and put it in a small, clean, heat proof jar. ●

Place the jar of milk in the pot of water. Make sure the water level is two fingers above the level of the milk in the jar. ●

Heat the milk in a pot of water until the water reaches a rolling boil. Make sure the lid is off when heating the milk. ●

Remove the jar from the boiling water. ●

Place the jar in a container of cool water, or let it stand alone to cool, until it reaches room temperature. ●



Protect the milk as it cools by placing the lid on it. ●

Once you have heated the milk, it can be stored for up to 8 hours at room temperature. ●

Feed the baby using the open cup. ●



This method of infant feeding can help reduce the risk of passing HIV from a breastfeeding mother to her infant during the transition period between exclusive breastfeeding and replacement feeding.

Heated milk can be stored for up to 8 hours at room temperature or up to 24 hours in a refrigerator. ●

Do not give hot milk to the baby. ●

Either you or someone else can feed the baby using a clean open cup. Even a new born baby learns quickly how to drink from a cup. Avoid using bottles and nipples. They are difficult to learn and can cause your baby to become sick. ●

Women who do not breastfeed may get pregnant again much sooner than women who breastfeed. If you have chosen to express and heat treat your breast milk you should practice safe sex and consider using family planning, starting as soon after giving birth as possible.

# How to express and heat treat Breast Milk



This brochure was produced by the Ministry of Health and Child Welfare in collaboration with UNICEF, Elizabeth Glaser Pediatric AIDS Foundation, ISPED, COSV, Kapnek, ZAPP and ZVITAMBO.



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