
PRACTICAL 20 FEEDING TECHNIQUES

Structure

- 20.0 Objectives
- 20.1 Introduction
- 20.2 Techniques of Breastfeeding
- 20.3 Feeding Expressed Breast Milk
 - 20.3.1 Indications
 - 20.3.2 Method of Expressing Breast Milk
 - 20.3.3 Cup and Spoon/Paladai Feeding
- 20.4 Using Feeding Chart to Counsel Feeding
- 20.5 Let Us Sum Up
- 20.6 Activity

20.0 OBJECTIVES

At the completing this practical, you should be able to:

- demonstrate and teach the procedure of breastfeeding, correct positioning and attachment;
- demonstrate the procedure of expressing and feeding breast milk; and
- use good communication skills and Feeding Chart as a communication tool while practicing above tasks.

20.1 INTRODUCTION

In thero Course 2, Block 5, Unit 5, you have learnt about feeding and counselling of young infant up to 2 months age and child below 2 years of age in order to identify the problems and difficulties in breastfeeding related to mother and child and counsel the mother to solve the problems. In this practical you will learn the method of feeding young infant and child below 2 years age. You will also learn to express breast milk and help the mother to feed breast milk to her child. At the end you will learn to use Feeding Chart for teaching the mothers about the various food items that need to be given to child of various age group.

20.2 TECHNIQUES OF BREASTFEEDING

In this section you will learn about the procedure and technique of breastfeeding.

Steps in Breastfeeding

- Ask the mother to wash her hands.
- Help her to sit on the bed or low stool or chair with her feet resting on another low stool.
- Show her to hold her baby in correct position facing her breast and supporting the babies' body on her arm.
- Ask the mother to put her infant to the breast and ensure that baby takes areola and nipple in its mouth.
- Show the mother how to hold the infant correctly and help her to give correct position as given below Fig. 20.1

- With the infant's head and body straight
- Facing her breast with infant's nose opposite her nipple
- With infant's body close to her body
- Supporting infant's whole body, not just neck and shoulders.



Fig. 20.1: Position of breastfeeding

- Show the mother how to attach the infant to the breast. She should:
 - Touch her infant's lips with her nipple
 - Wait until infant's mouth is opening wide
 - Move her infant quickly onto her breast, aiming the infant's lower lip well below the nipple.
- Look for the signs of good attachment Fig. (20.2) which include:
 - Chin touching breast
 - Mouth wide open
 - Lower lip turned outward
 - More areola visible above than below the mouth
 - Infant's whole body-supported well.



Fig. 20.2: Signs of good attachment

- See whether the infant is suckling effectively. You can see:
 - Slow deep sucks, cheeks appear full, with sometimes pauses;
 - You may hear infant swallowing;
 - If satisfied, infant releases breast spontaneously; and
 - Infant appears relaxed, sleepy and loses interest in the breast.
- If attachment and suckling is not good then try again. If you feel that suckling is not good then ask the mother to express the breast milk and feed the infant with cup and spoon.
- Allow the baby to empty one breast before shifting to another.
- Arouse the newborn when he gets sleepy or lazy while suckling by gently tickling at the back of the ear or on cheeks.
- Instruct the mother to feed the baby as long as it sucks.
- Once the infant has taken his full feed he would automatically leave the breast.
- Feed the newborn on demand at least 8 times a day and even at night without being lazy. (Most newborn establish their feeding schedule by 4-6 weeks. After this they do not require frequent feeding at night.)
- Feed the baby for 15-20 minutes during each feed.
(Duration of each feed varies between 15-20 minutes for most of the newborns.)
- Feed the baby 2-3 hourly.
(Frequency also varies between 2-3 hours for most of the newborn.)
- After feeding hold the baby upright either up or along her shoulder and gently pat the back i.e., burping the infant. It will help to bring out the swallowed air from stomach.
- Make the baby and mother comfortable.

Remember:

If the baby is able to take expressed breast milk with the cup and spoon then advise the mother to keep breastfeeding the baby and at the end of each feed express breast milk and feed with a cup and spoon.

20.3 FEEDING EXPRESSED BREAST MILK

In this section you will learn about indications, method of expressing breast milk, and method of feeding expressed breast milk with cup and spoon and traditional devices.

20.3.1 Indications

- Illness in mother or infant.
- Breast engorgement, breast inflammation, sore nipples
- Keep up the milk supply
- Low birth weight infant
- Working mother outside home
- Non-working mother outside home but too busy in household work to feed.

20.3.2 Method of Expressing Breast Milk

Articles

Wide mouthed cup or katori, washed and boiled but cold and properly dried.

Method

- Ask mother to:
 - wash hands with soap and water.
 - wash breast, nipple and areola with plain water.
 - pick-up the container to express milk.
- Sit in any one comfortable position—on chair, bed, low stool, carpet, floor.
- Hold the container in left hand and bend little forward.
- Hold the nipple in between thumb and index first finger of your right hand. Place the container below the nipple and areola and roll the nipple for 1-2 minutes as it will help in ejection of milk.
- Put her thumb on the areola above the nipple, and first fingers below the nipple i.e., opposite the thumb.
- Press the areola using thumb and fingers inward towards the chest wall as shown in Fig. 20.3.

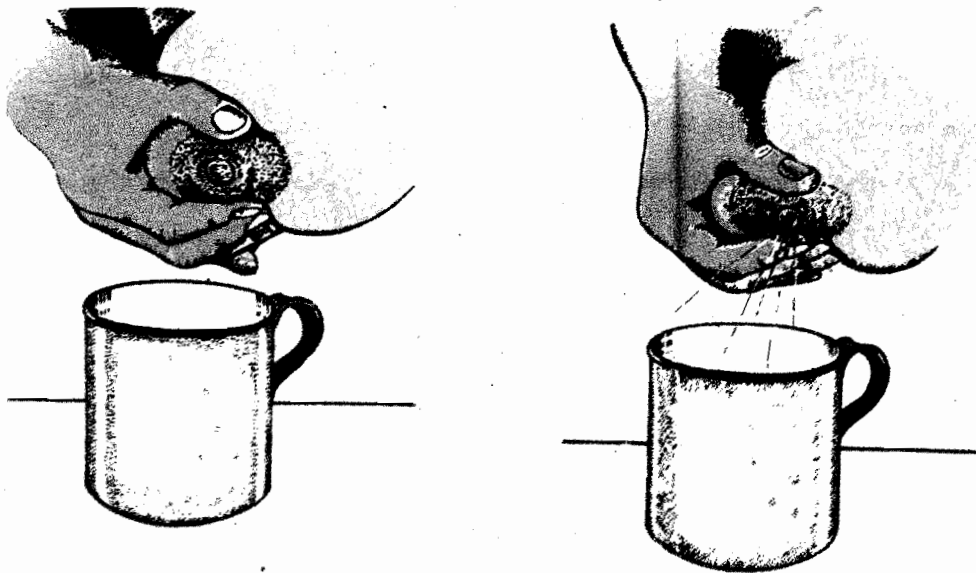


Fig. 20.3: Expressing breast milk

- Repeat pressing movements on right and left side of breast to empty the breast. Repeated action will allow the milk to drop out.
- Continue to express milk 3-5 minutes till the flow slows down. Help her to repeat this action also for the sides of areola to make sure the milk is expressed from all quadrants.
- Repeat the procedure on the other breast in the same manner by changing hands i.e., by holding container in the right hand for right breast and left hand for the left breast.
- Keep the containers covered to avoid contamination by flies, dust etc.
- Rinse the breasts and nipple with plain water to avoid crusting and blocking of lactiferous ducts after completing the procedure of expressing breast milk.

- The total procedure takes about 15-20 minutes. Expressed breast milk can be safely kept at room temperature for 6 hours and in refrigerator for 24 hours. Milk can be expressed at regular intervals in separate containers.

Teach the mother to treat breast and nipple problems:

- If nipple is sore, apply breast milk for soothing effect. Ensure correct positioning and attachment of the baby if mother continues to have discomfort.
- Feed expressed breast milk with katori and spoon.
- If breasts are engorged, let the baby continue to suck if possible. If the baby cannot suckle effectively, help the mother to express milk and then put the young infant to the breast. Putting a warm compress on the breast may help.
- If there is breast abscess, advise mother to feed from the other breast and refer to a surgeon. If the young infant wants more milk, feed undiluted animal milk with added sugar by cup and spoon.

Remember:

- Expressing breast milk by manual method is more helpful than using a pump. Pump can cause damage to nipple because of high suction pressure.
- Expressing breast milk does not hurt if it hurts the method may be incorrect.
- Mother should express the milk whenever she feels her breasts are full.
- Mother should express her milk herself as expressing breast milk by another person may hurt.
- Application of hot fomentation before expression of milk is helpful.
- Mother should try to sit near the infant, look at the infant, or think of infant and if possible hold the infant close to her.
- As a health worker, you should observe and support the mother for expressing breast milk.

20.3.3 Cup and Spoon/Paladai Feeding

The expressed breast milk can be fed to the infant with a cup, spoon or a paladai (Fig. 20.4). Let us begin with feeding expressed breast milk with cup and then talk about feeding with katori and spoon.

Feeding with Cup

Collect following articles:

- Cup containing expressed breast milk
- Small clean cloth/napkin

Ask the mother to:

- Wash hands with soap and water.
- Put the infant in lap with back upright.
- Place a clean cloth around the neck of the infant to wipe the face.
- Take the cup to the infant's mouth and tilt the cup at the side of the lips.
- Let the milk trickle slowly into infant's mouth.

- Observe that the infant will make suckling movement followed by swallowing.
- Keep the cup at the lips till the required amount is fed.
- Wipe the infant's mouth dry.
- Clean the cup with soap and water, if possible boil it to keep ready for next use.

Feeding with Katori and Spoon

- Collect following articles:
 - Katori containing expressed breastmilk
 - Tea and spoon
 - Small clean cloth/napkin
- Follow the first three steps as given above in feeding with cup
- Place the katori on the table/stool
- Fill the spoon with 1-2 ml of milk
- Place the spoon on the side of the lips
- Let the milk trickle from spoon into infant's mouth
- Observe that the infant will swallow the milk
- Feed till the required amount is fed
- Shake or stir the katori containing EBM frequently to mix-up the cellular content and fat
- Wipe the infant's mouth dry
- Wash the katori and spoon with water or boil before next use.

Feeding with Paladai

Collect following articles:

- Katori containing expressed breast milk
- Paladai
- Clean cloth/Napkin



Fig. 20.4(a): Cup and spoon feeding



20.4(b): Feeding with paladai

Refer the procedure of feeding with cup and spoon.

Method of feeding with paladai is same as with spoon. The only difference is that paladai can hold larger quantity of milk than spoon. Feeding using paladai, katori and spoon is more helpful in pre-term, low birth weight babies.

Remember:





- Do not feed the expressed breast milk if it is curdled.
- Do not feed the infant in hurry; let the infant, swallow before dropping milk into infant's mouth.
- Give right-side-lying position to infant after feeding.
- Observe the mother while feeding with cup or katori and spoon or paladai and praise her for right procedure.

20.4 USING FEEDING CHART TO COUNSEL FEEDING

Feeding Chart (Fig. 20.5) is a good communication tool to teach and counsel the mother regarding feeding.

The steps of using the chart are:

- Hold the card so that the mother can easily see it or allow her to hold it herself.
- Explain each picture. Show the picture on the chart as you talk. This will help the mother remember what the picture represents.

Up to 6 Months	6 Months up to 12 Months 	12 Months up to 2 Years 	2 Years and Older 
 <p>Breastfeed as often as the child wants, day and night, at least 8 times in 24 hours.</p> <p>Do not give any other foods or fluids not even water</p> <p>Remember:</p> <ul style="list-style-type: none"> • Continue breastfeeding if the child is sick 	<p>Breastfeed as often as the child wants.</p> <p>Give one katori serving* at a time of:</p> <ul style="list-style-type: none"> - Mashed roti/ rice /bread/biscuit mixed in sweetened undiluted milk OR - Mashed roti/rice/bread mixed in thick dal with added ghee/oil or khichri with added oil/ghee. Add cooked vegetables also in the servings OR - Sevan/dalia/halwa/kheer prepared in milk or any cereal porridge cooked in milk OR - Mashed boiled/fried potatoes or give one banana/ cheeko/ mango. <p>*3 times per day if breastfed; 5 times per day if not breastfed.</p> <p>Remember:</p> <ul style="list-style-type: none"> • Keep the child in your lap and feed with your own hands • Wash your own and child's hands with soap and water every time before feeding 	<p>Breastfeed as often as the child wants.</p> <p>Offer food from the family pot</p> <p>Give 1 1/2 katori serving* at a time of:</p> <ul style="list-style-type: none"> - Mashed roti/rice/bread mixed in thick dal with added ghee/oil or khichri with added oil/ghee. Add cooked vegetables also in the servings OR - Mashed roti/ rice /bread/biscuit mixed in sweetened undiluted milk OR - Sevan/dalia/halwa/kheer prepared in milk or any cereal porridge cooked in milk OR - Mashed boiled/fried potatoes or give at least one banana/ cheeko/ mango. <p>* 5 times per day.</p> <p>Remember:</p> <ul style="list-style-type: none"> • Sit by the side of child and help him to finish the serving • Wash your child's hands with soap and water every time before feeding 	<p>Give family foods at 3 meals each day.</p> <p>Also, twice daily, give nutritious food between meals, such as: banana/biscuit/ cheeko/ mango/ papaya/ egg as snacks</p> <p>Remember:</p> <ul style="list-style-type: none"> • Ensure that the child finishes the serving • Teach your child wash his hands with soap and water every time before feeding

- Circle or record the information that is relevant to the mother e.g. circle and explain feeding recommendations for each age group and appropriate fluids in diarrhoea signs when to return immediately. Record the feeding problems and explain the feeding advice to the mother.
- Look for signs of anxiety in the mother, if the mother seems worried or puzzled, encourage her and repeat the message if required.
- Ask the mother to tell you in her own words what she should do at home. Encourage her to use the chart to help her remember.

20.5 LET US SUM UP

In this practical you have learnt the method of breastfeeding, method of expressing breast milk and feeding expressed breast milk with cup and paladai. You have also learnt about use of Feeding Chart to counsel the mother regarding feeding.

20.6 ACTIVITY

Observe breastfeeding in five mothers and record your findings.

NOTES