

MALAYSIA'S BREASTFEEDING POLICY

All mothers are encouraged to breastfeed exclusively from birth until 6 months of age, and continue breastfeeding alongside appropriate complementary foods up to 2 years of age. Complementary feeding should begin at 6 months of age.

This means from birth until 6 months of age, babies:

Are exclusively
breastfeed

Do not need additional
water or milk

Do not need
complementary foods

01 IMPORTANCE OF BREASTFEEDING FOR BABIES

MOTHER'S MILK

Provides ideal
nutrition.

Prevents
infant deaths.

Reduction of obesity
risk in later life.

Protects against
many infections.

Reduces risk
of allergies.

Reduces risk of
conditions such as
juvenile-onset diabetes,
(in families with a
history of these
conditions).

May assist in blood
pressure regulation.

Readily available, no
preparation, suited to
the child's need.

CHILDREN WHO DO NOT BREASTFEED OR RECEIVE BREAST MILK MAY BE AT INCREASED RISK OF:

Infections such as diarrhoea and gastrointestinal
infections, respiratory infections and urinary tract
infections.

Lower developmental
performance and
educational
achievement, thus
reducing earning
potential.

Ear infections
(otitis media).

Necrotising enterocolitis,
in preterm infants.

Later heart
disease.

Eczema and other
atopic conditions.

Developing juvenile
onset insulin
dependant diabetes
mellitus, higher blood
pressure.

Obesity in
childhood.

Increased risk of dying in
infancy and
early childhood.

02 IMPORTANCE OF BREASTFEEDING FOR MOTHERS

Women who breastfeed their babies can reduce the risk of :

Breast cancer
and ovarian
cancer.

Osteoporosis in
older age.

Retaining fat during
pregnancy which may
lead to obesity after
childbirth.

Close/rapid
pregnancies.

Anaemia due to contraction of the uterus
and early return of menstruation.

03 THE IMPORTANCE OF SKIN-TO-SKIN CONTACT IMMEDIATELY AFTER BIRTH

Immediately after birth, skin-to-skin contact between your baby and you should be practiced for at least one hour to :

Keep your baby warm and calm.

Encourage bonding between
you and your baby to facilitate
breastfeeding initiation.

Assist your baby in adjusting their
metabolism and stabilising blood
glucose levels.

Help your baby understand that
the mother's breast is a safe
place.

Enables colonisation of the
baby's gut with the mother's
normal body bacteria gut.

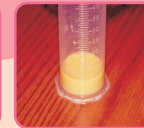
Allow your baby to self-attach.
They will find the breast and
attach themselves.

04 IMPORTANCE OF EARLY INITIATION OF BREASTFEEDING

Starting breastfeeding after birth has many benefits for both the baby and the mother, especially nutrition, health, immunity, developmental, psychological and social aspects. Therefore, it is important to start breastfeeding within the first hour.

To ensure your baby quickly
receives enough colostrum as
newborns have a strong
sucking instinct.

To ensure the success of
exclusive breastfeeding.



COLOSTRUM

- Colostrum is milk produced from the seventh month of pregnancy to a few days after birth.
- It is thick, sticky, and yellowish in color.
- It is produced in small quantities suitable for your baby's small stomach.
- It contains nutrients (proteins and vitamin A) that are highly suitable for your baby.

FUNCTIONS OF COLOSTRUM

- Acts as a "coating" to protect the baby's intestines from infection.
- Serves as the first immunisation against bacteria.
- Helps in the formation of good bacteria in the baby's intestines.
- Helps the baby pass meconium to prevent jaundice.



05 IMPORTANCE OF ROOMING IN 24- HOUR A DAY FOR YOU AND YOUR BABY

- Your baby cries less and is able to sleep soundly.
- You and your baby's sleep schedules are not disrupted when you are together.
- Breastfeeding can be improved and maintained with proper support, helping your baby gain weight healthily.
- Feeding can follow your baby's demands, and your milk supply will be sustained.
- You gain more confidence in caring for your baby and continuing breastfeeding.
- You can monitor your baby at all times.
- Your baby has a lower risk of infection compared to being placed in a nursery.
- It encourages bonding between you and your baby.

06 IMPORTANCE OF BREASTFEEDING ON DEMAND OR BABY-LED FEEDING OR WHEN BABY SHOWS FEEDING CUES

Breastfeed your baby frequently at any time and for as long as they desire so that :

- Your baby receives colostrum, which can protect them from infections.
- Milk supply is produced more quickly.
- Your baby's weight increases more rapidly.
- Your baby is less likely to experience neonatal jaundice.
- You are less likely to experience engorged breasts.
- Breastfeeding is more easily strengthened.
- Your baby cries less and there is less pressure to give formula milk.
- You can breastfeed your baby for a longer duration.

ON DEMAND BREASTFEEDING

Exclusive breastfeeding is given to the baby whenever needed or when the baby is hungry.

Breastfeed the baby for as long as the baby wants until they get the hindmilk and release the breast on their own (indicating fullness).

Breastfeed the baby if the mother's breast feels full.

Wake up a sleeping baby for breastfeeding.

SIGNS THAT A BABY IS HUNGRY AND WANTS TO BREASTFEED

The baby makes eye movements even if their eyes are not yet open.

The baby makes whimpering sounds.

The baby opens their mouth and searches for the breast.

The baby puts their hand or fingers into their mouth.

The baby moves their head left and right.

07 IMPORTANCE OF FREQUENT BREASTFEEDING TO ENSURE THE BABY GETS ENOUGH MILK

Breastfeed your baby frequently, on demand, and when the baby shows signs of wanting to feed (baby feeding cues), including nighttime feedings. Frequent breastfeeding will result in more milk production, ensuring the baby gets enough milk.

Express milk after breastfeeding if there is still milk left.

While breastfeeding your baby on one breast, use a pump to express milk from the other breast.

Directly breastfeed your baby on non-working days.

WAYS TO ENSURE ADEQUATE MILK PRODUCTION

If you are working, breastfeed before going to work in the morning and as soon as you return home in the evening.

Express milk at your workplace.

08 IMPORTANCE OF GOOD POSITIONING AND LATCHING DURING BREASTFEEDING

Mother's Position

You are in a comfortable position with your back, feet, and breasts supported (if needed).

Baby's Position

1. Baby's body is straight.
2. Baby faces the breast with the nose aligned with your nipple.
3. Baby's body is close to yours. Bring the baby to your breast, not the other way around.
4. Support the baby's head and shoulders. If the baby is premature, support the entire body.

CORRECT LATCH

1. Baby's mouth is wide open.
2. Baby's lower lip is turned outward.
3. Baby's chin touches the breast.
4. More of the areola is visible above the mouth than below it.



INCORRECT LATCH

1. Baby's mouth is not wide open.
2. Baby's chin does not touch the breast.
3. More of the areola is visible below the mouth (or the same amount above and below).



Note: Signs of effective sucking include rounded cheeks, slow and deep sucking, and audible swallowing sounds.

09 IMPORTANCE OF EXCLUSIVE BREASTFEEDING FOR THE FIRST SIX MONTHS

Exclusive breastfeeding means feeding your baby only breast milk without any additional water or other milk from birth until six months of age. Vitamin, mineral supplements, or medications can be given, if necessary, based on doctor's guidance.

Breast milk provides all the nutrients and water your baby needs during the first six months or 180 days.

Breast milk contains 88% water, so your baby does not need additional water even in hot weather. Avoid giving your baby any other drinks or foods besides breast milk in the first six months as it can interfere with breastfeeding.

10 IMPORTANCE OF CONTINUING BREASTFEEDING

After Six Months Alongside Complementary Feeding

After 6 months

Your baby should be given complementary foods while breastfeeding should continue.

Breast milk is crucial as it provides 1/3 to 1/2 of your baby's energy needs at 12 months of age.

Breastfeeding should be continued until your baby is 2 years old.

11 HOW TO ENSURE EARLY INITIATION OF BREASTFEEDING

- Practice **skin-to-skin contact**.
- Immediately breastfeed when the baby shows feeding cues.
- Practice rooming-in where the mother and baby are together at all times.
- Avoid the use of **pacifiers and artificial teat**.
- Learn proper techniques to position and latch the baby correctly. Seek help from healthcare providers if needed.

TECHNIQUES TO PROMOTE MILK FLOW



Massage the back of the mother's body to stimulate milk flow.



RISK OF GIVING WATER, FORMULA MILK OR OTHER DRINKS



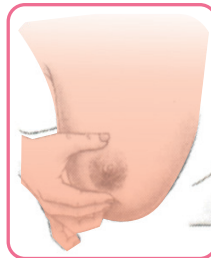
Breastfeed your baby frequently, on demand, and when the baby shows signs of wanting to feed (baby feeding cues), including nighttime feedings. Frequent breastfeeding will result in more milk production, ensuring the baby gets enough milk. Giving water or supplements to babies can lead to :

1. Reduced breastfeeding frequency.
2. Decreased milk production.
3. Reduced protective effects of breast milk.
4. Increased risk of diarrhoea and other infections.
5. Increased risk of obesity.
6. Exposure to allergens that can cause eczema and asthma in babies.

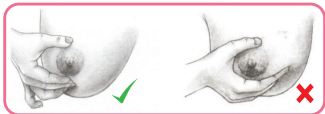
HANDLING EXPRESSED BREAST MILK

The aim of expressing is for the mother to :

- Maintaining milk production.
- Relieving breast engorgement and blocked ducts to help the baby breastfeed.
- Softening the areola so the baby can latch properly.



HAND EXPRESSION TECHNIQUE



- Locate the duct position near the areola.
- Place the thumb on the duct and the index finger in the opposite direction.
- Support the breast with other fingers.
- Gently press the breast with the thumb and index finger towards the chest.

- Press the thumb and index finger simultaneously to compress the milk duct located between them to allow milk to flow out.
- Repeat the pressing and releasing action until all milk is expressed.
- When all milk is expressed, move the thumb and other fingers in a circular motion around the areola to express milk from all milk ducts in the breast.



Correct Hand Expression



Incorrect Hand Expression

STORING EXPRESSED BREAST MILK

General Guidelines :

- Wash hands when handling expressed milk.
- Use suitable containers:
 - Glass/plastic containers with lids.
 - Clean/sterile condition (wash with soap and rinse with hot water).
- Store milk in amounts needed for one feeding (2 oz to 5 oz) or as per the baby's requirement.
- Label the storage container with the baby's name and date if multiple containers are stored.
- Use previously expressed milk first.



REFRIGERATOR (SINGLE DOOR)



Freezer Compartment :
2 weeks

Chiller Compartment
(2°C-4°C) :
3-5 days

REFRIGERATOR (DOUBLE DOOR)



Freezer Compartment
(-20°C) :
3 months

Chiller Compartment
(2°C-4°C):
3-5 days

DEEP FREEZER



6 Months

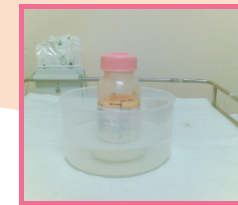
ROOM TEMPERATURE



25°C-37°C: 4 hours
5°C-25°C: 8 hours

THAWING EXPRESSED BREAST MILK

- Frozen breast milk can be thawed slowly by placing it overnight in the refrigerator's chill compartment.
- Thawed milk should be used within 24 hours and should not be refrozen.
- Alternatively, frozen breast milk can be thawed by placing the storage container in a bowl of warm water.
- Do not heat breast milk in a microwave or directly on the stove. Expressed breast milk should not be stored above 37°C.
- Thaw breast milk in the amount needed for one feeding only. Leftover breast milk should not be reused.
- Milk fat may separate during thawing. Gently swirl the storage container to mix the fat back into the milk.



FEEDING THAWED EXPRESSED MILK

Thawed breast milk should be warmed by placing the container in warm water or a bottle warmer and used within 1 hour after warming.

A bottle may be used if the amount is enough.



Warmed breast milk should not be stored or reheated.

Use a spoon to feed the baby if the amount is small.

PREPARING FOR BREASTFEEDING WHEN RETURNING TO WORK

During maternity leave, fully breastfeed your baby. Follow a pumping and milk storage schedule like the one below.

Start following this schedule at least 4 weeks after the baby is born:

Time	Day			
	1-3	4-6	7-9	10-13
Breakfast 7.30am-9.00am	Expressed breast milk	Expressed breast milk	Expressed breast milk	Expressed breast milk
Morning snack 10.00am-11.30am	Breast milk	Expressed breast milk	Expressed breast milk	Expressed breast milk
Lunch 12.00pm-1.30pm	Breast milk	Breast milk	Expressed breast milk	Expressed breast milk
Afternoon Snack 3.30pm-4.30pm	Breast milk	Breast milk	Breast milk	Expressed breast milk

13

MOTHER-FRIENDLY CARE

If you give birth at a hospital recognised as a Baby-Friendly Hospital, the following Mother-Friendly Care services may be offered to you: (Dependent on the conditions in the hospital's delivery room)

Allow the patient to choose her preferred method of pain relief

Encourage mobility and ambulation according to the patient's tolerance

Allow oral intake or light diet based on the patient's condition

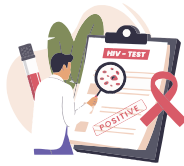
Encourage the presence of a birth companion

Avoid unnecessary procedures unless indicated

Provide Health education and moral support

Promote and support breastfeeding

IMPORTANCE OF HIV TESTING



Know your health status through HIV testing at a health clinic or hospital near your residence so that you can discuss treatment and feeding options for your baby.

If you are confirmed HIV-positive :

Please attend counselling sessions at nearby government health clinics or hospitals.

HIV AND INFANT FEEDING

Understand the following information regarding HIV and INFANT FEEDING:

Not all babies born to HIV-positive mothers will acquire HIV.

Approximately 20% of babies born to HIV-positive mothers may get HIV through breastfeeding.

Breastfeeding is NOT ALLOWED for all babies born to HIV-positive mothers in this country to reduce the risk of transmission.

Mixed feeding (both breast milk and formula feeding) should be avoided as it poses risks of HIV transmission, diarrhoea, and other infections.

BREASTFEEDING SUPPORT GROUP

If you encounter any issues or would like to seek advice regarding breastfeeding, please contact or visit Sunway Medical Centre Velocity or your nearest health clinic. Alternatively, Sunway Medical Centre Velocity's Breastfeeding Support Group is always ready to assist you:

Tioh PY:	011-72725841	Ranjit:	017-6635036
Iris Lim:	019-3111799	Wong YM:	018-7771170
Cheok YM:	016-3222052	Nursery:	03-97728284
Teo PL:	014-3620010	Ward 4A:	03-97728286
Siew JH:	017-2646901	Delivery Suite:	03-97728285



SCAN THE QR HERE

Are You Breastfeeding Savvy?

Find Out with This Quiz!

SUNWAY
MEDICAL CENTRE
Velocity Kuala Lumpur

BREASTFEEDING AND INFANT NUTRITION



Source are based on information from the Ministry of Health (MOH)