

## Expressing milk



Feeding baby with traditional spoon like utensil used for milk feeding

### Signs that the baby is not getting enough milk

- Poor weight gain
  - ◆ Weight gain of less than 500 gm in a month
  - ◆ Less than birth weight after two weeks
- Passing small amounts of concentrated urine
  - ◆ Less than six times a day
  - ◆ Yellow and strong smelling
- Other signs are:
  - ◆ Baby not satisfied after breastfeed and often cries
  - ◆ Very frequent breastfeeds
  - ◆ Very long breastfeeds
  - ◆ Baby refuses to breastfeed
  - ◆ Baby has hard, dry or green stools
  - ◆ No milk comes when mother tries to express
  - ◆ Breast did not enlarge
  - ◆ Milk did not come in.