

Time	Narration
00:00	Welcome to the Spoken Tutorial on Feeding expressed breastmilk to babies.
00:06	In this tutorial, we will learn: how to make stored breastmilk ready for a baby to drink
00:13	and how to feed expressed breastmilk to a baby.
00:18	Let us begin. Expressing breastmilk has many benefits for the baby and the mother.
00:26	Expressing breastmilk and storing it safely are explained in other tutorials.
00:34	Now, let us learn how to make the stored breastmilk ready for the baby to drink.
00:42	Before handling breastmilk, the caregiver- must wash their hands with soap and water and dry their hands well.
00:52	Remember, the oldest stored breastmilk should always be used first.
00:59	When using frozen breastmilk, ideally defrost it by keeping it overnight on the lowest shelf of the fridge.
01:08	And, use this defrosted milk within the next 24 hours.
01:15	But if the frozen breastmilk is needed quickly, defrost it outside the fridge by - first keeping it in a container of cold water,
01:25	and then keeping it in a container of lukewarm water.
01:30	While defrosting in lukewarm water - shake the breastmilk container gently and occasionally.
01:38	Do not shake it vigorously and continuously.
01:42	Dry the outside of the breastmilk container with a clean cloth before use.
01:47	Use this defrosted breast milk within 2 hours and throw away any unused milk.
01:56	Defrosted breastmilk can smell and taste different than fresh breastmilk.
02:03	It is fine as long as the baby accepts it.
02:08	The caregiver must always smell the breastmilk before feeding it to the baby.
02:15	If the milk smells sour, do not use it.
02:20	Please remember- when breastmilk is stored, it will separate with the cream rising to the top.
02:27	This is normal. Shake gently to mix the cream back in the milk before use.
02:36	To warm the breastmilk just before feeding it to the baby- keep the breastmilk container in a bowl of lukewarm water for 20 to 30 minutes.
02:47	Test how warm the milk is by dropping a little onto the wrist.

	It is right when it feels warm.
02:56	Do not use hot water to warm the breastmilk. Try to use stored breast milk straight from the fridge.
03:05	This will help to avoid the risks of over-heating and burns.
03:11	Do not heat breastmilk by keeping it directly on a stove or in a microwave.
03:18	Direct heat destroys many of the infection-fighting factors present in the breastmilk.
03:27	When the breastmilk is ready, offer it to the baby.
03:32	To do so, the following utensils can be used: a Paladai , a small cup, a spoon or a nifty cup.
03:42	Out of these, it is preferable to use a spoon or a cup to feed the baby.
03:49	Firstly, the caregiver must wash the chosen utensil with soap and water and then air dry it completely or wipe it dry with a clean unused cloth.
04:02	Then, the caregiver must wash and dry their hands properly.
04:10	They should half-fill or two-thirds fill the chosen utensil with breastmilk.
04:15	Then, they should hold the baby in a nearly upright position on their lap.
04:22	Their hand should support the baby's head and neck.
04:28	If they are using a Paladai to feed the baby- they should position the tip of the paladai inside the corner of the baby's mouth.
04:39	It should be held lightly between the baby's lips.
04:44	The tip of the paladai should lightly touch the baby's upper lip
04:50	In this position, the milk should stay at the rim of the beak of the paladai
04:58	As the baby slurps milk - the caregiver should tilt the paladai slightly to keep the milk at the rim.
05:07	If the caregiver is using a small cup to feed the baby- they should hold the cup lightly between the baby's lips.
05:16	The rim of the cup should lightly touch the baby's upper lip.
05:21	They should tilt the cup slightly until the milk reaches the top edge of the cup.
05:28	This should let the baby take the milk from the rim of the cup.
05:32	If the caregiver is using a spoon to feed the baby- They should hold the spoon between the baby's lips.
05:42	The edge of the spoon should lightly touch the baby's upper lip.
05:47	Then they should tilt the spoon slightly until the milk is at the edge of the spoon.
05:54	Feeding with a spoon is good for the first few days after birth.
05:59	Because during these days only a small amount of milk is needed.
06:06	If the caregiver is using a nifty cup to feed the baby - They should position the small reservoir of the nifty cup just inside the baby's mouth.
06:18	As the baby slurps the milk, they should tilt the cup up slightly.

	This will add milk to the reservoir as it empties.
06:30	When feeding expressed breastmilk to the baby, never pour milk into the baby's mouth.
06:37	This may cause the baby to choke.
06:40	Instead, keep the milk at the rim and leave it in that position throughout the feed.
06:47	Always ensure that the baby is fully awake, alert and interested in feeding.
06:54	If needed, wrap the baby to prevent her from knocking the cup out of the feeder's hands.
07:03	Always let the baby slurp milk at her own pace.
07:08	Look for signs which show that the baby has had enough milk,
07:13	signs such as - Holding her hands up.
07:16	Falling asleep or Closing her mouth.
07:21	Remember, do not apply too much pressure on the lower lip of the baby.
07:27	Always let the edge of the utensil touch the baby's upper lip lightly.
07:34	Do not put the cup, paladai or spoon too far inside the baby's mouth.
07:41	Never feed a baby in a lying down position.
07:45	Do not use a feeding bottle to feed the expressed breastmilk to the baby.
07:51	After feeding the baby, wash the cup, paladai or spoon well with soap and clean water. And, let it air dry completely.
08:04	Some babies are reluctant to take expressed breastmilk, particularly at first from some people.
08:12	They may be less reluctant when someone else gives it to them.
08:17	If expressed milk is refused by the baby, try not to worry.
08:22	On the mother's return from work, the baby will make up any missed feeds by breastfeeding more often or for longer.
08:32	Remember, Keep the breastmilk safe by: washing hands, containers and utensils, feeding milk as soon as needed or storing it safely.
08:45	This brings us to the end of this tutorial. Thank you for joining.