

Pumping and Storing Breast Milk

You may need to express or pump breast milk to relieve engorgement, to increase your milk supply or to feed your baby breast milk with a bottle.

Why and When to Pump

- **To soften your breasts** if your baby is having trouble latching on.
 - ▶ Pump for a few minutes and try your baby at your breast again.
- **To have a milk supply** when your baby is unable to breastfeed or to store breast milk.
 - ▶ Pump every 2 to 4 hours through the day and one time at night.
- **To increase your milk supply.**
 - ▶ Pump every 2 to 3 hours if you are not breastfeeding, or
 - ▶ Pump between feedings as often as you can.
 - ▶ Pump on the second breast if your baby only nurses on one side.
- **To prepare to return to work or school.**
 - ▶ Pump one time each day, between feedings to store extra milk. Morning is a good time to pump.
 - ▶ Pump extra milk and store it at least 2 weeks before your return date.
 - ▶ Pump at least every 4 hours when away.

Bamgareynta/Lisida iyo Kaydinta Caanaha Naaska

Waxa laga yaabaa inaad u baahatid in aad listid ama bamgareysid caanaha naaska si aad uga nafistid darrarka, si ay u kordhaan caanaha naaska gala ama si aad caanaha naaska ilmahaaga dhalo ugu siisid.

Sababta iyo Goorta la Bamgareeyo (Liso)

- **Si loo jilciyo naasahaaga** haddii ilmahaaga ay dhibi ka haysato sida loo qabsado naaska.
 - ▶ Bamgare ama lis dhawr daqiiqadood ka dibna ilmaha ku day naaska markale.
- **Si naasku caano u yeesho** marka ilmahaagu aanu awoodin inuu naaska jaqo ama si caanaha naaska loo kaydoyo.
 - ▶ Bamgaree 2 ilaa 4 saacadood kasta inta maalintii lagu jiro iyo hal mar oo ah habeenkii.
- **Si loo kordhiyo kaydka caanahaaga.**
 - ▶ Bamgaree 2 ilaa 3 saacadood kasta haddii aanad naas nuujin, ama
 - ▶ Bamgaree inta u dhexeysa quudinta ama naas-nuujinta intii aad kari kartid.
 - ▶ Bamgaree naaska labaad haddii ilmahaagu uu jaqo kaliya hal naas.
- **Si aad isugu diyaarisid ku noqoshada shaqada ama dugsiga.**
 - ▶ Bamgaree hal mar maalin kasta, inta u dhexeysa quudinta si aad u kaydysid caano dheeraad ah. Subixii/Aroortii ayaa ah wakhtiga ugu fiican ee la bamgareeyo.
 - ▶ Bamgaree caano dheeraad ah siina kaydi ugu yaraan 2 todobaad ka hor taariikhda ku-noqoshadaada.
 - ▶ Bamgaree ugu yaraan 4 saacadood kasta marka aad maqan tahay.

Ways to Express Breast Milk

- By hand
 - ▶ Massage breast toward nipple to express milk.
- With a pump
 - ▶ There are manual and electric breast pumps.
 - ▶ Pump for about 10 minutes on each breast any time you pump.

Getting Started

- Wash your hands with soap and water.
- Have a clean container ready for collecting the milk.
- Find a relaxing position in a quiet spot and think about your baby.
- Massage your breast and take slow easy breaths.
- For privacy while pumping, cover your breasts and pump container with a blanket or towel.

Collecting and Storing Breast Milk

- Use sterile glass bottles, plastic bottles or milk storage bags made for breast milk. **Do not** use disposable bottle liners because they are too thin.
- Store breast milk in 2 to 5 ounce portions to avoid wasting breast milk.
- Breast milk from different pumpings can be added together if the milk is pumped during the same 24-hour day.
- Breast milk should be chilled as soon as possible after it is pumped.

Siyaabaha Loo Liso Caanaha Naaska

- Gacanta
 - ▶ U duug naaska xagga ibta si aad u listid.
- Istimaatida/Adeegsiga bam
 - ▶ Waxa jira bam naas oo gacanta ku shaqeeya iyo mid koronto ku shaqeeya.
 - ▶ Bamgaree qiyaastii 10 daqiiqadood naas kasta wakhti kasta oo aad bamgareysid.

Sida Loo Bilaabo

- Gacmahaaga ku dhaq saabuun iyo biyo.
- Diyaarso weel nadiif ah oo aad ku listid caanaha.
- Raadso meel aad si degan u fadhiisan kartid oo aan buuq lahayn kuna fikir ilmahaagii.
- Duug naaskaaga oo si tartiib ah u neefneefso.
- Si aad asturnaan u heshid marka aad bamgareynaysid, naasahaaga iyo qalabka bamgareynta ku dabool maro ama tuwaal/shukumaan.

Ururinta iyo Kaydinta Caanaha Naaska

- Istimaal dhalooyin qarsho/quraarad ah, dhalooyin caag ah ama bacaha kaydinta caanaha ee loogu talagalay caanaha naaska. **Ha isticmaalin** baco dhalada la dhexgaliyo sababta oo ah si weyn bay khafiif u yihiin.
- U kaydinta caanaha naaska qaybo ah 2 ilaa 5 wiqiyadood (ounce) si aan caanaha naasku khasaare u noqon.
- Caanaha naaska ee ka yimi lisitaan ama bamgareyn kala duwan waa laysku dari karaa haddii caanaha la wada bamgareeyay gudaha mudo isla ah 24 saacadood ama isku maalin.
- Waa in caanaha naaska sida ugu dhakhsaha badan loo qaboojiyo ka dib marka la bamgareeyo.

- It is normal for pumped milk to vary in color and thickness.
- Stored milk separates into layers. Cream will rise to the top as the milk warms. Mix the milk layers before feeding.
- If you are not going to use the breast milk within 48 hours after pumping, freeze the milk.
- Always use freshly pumped milk first. Then use refrigerated or frozen milk by the oldest date first.
- If breast milk has a sour or strange smell, throw it away. If there is any doubt, **do not** use the milk.

Handling Fresh Breast Milk

- If you washed your hands well before pumping, fresh milk may remain at room temperature (no warmer than 77°F or 25°C) for use in 4 to 8 hours. If you are not going to use it, store it in the refrigerator as soon as possible.
- Refrigerate milk right away if the room, car or outside air temperature is above 77°F or 25°C. When you are away from home, use a lunch box size cooler with an ice pack to keep milk cool.

Breast Milk Storage

These guidelines are for a full-term, healthy baby. You may be given different guidelines to follow.

- **Fresh**
 - ▶ Store at room temperature (no warmer than 77°F or 25°C) for 4 to 8 hours. If the temperature is higher, cool the milk right away.
 - ▶ The milk can be stored in the refrigerator (32 to 39°F or 0 to 3.9°C) for 5 to 7 days.

- Waa caadi in caanaha la bamgareeyay ku kala duwanaadaan midabka iyo furfurnaanta iyo culayska.
- Caanaha la kaydiyo waxay u kala baxaan lakabyo. Labeentu waxay u soo bixi doontaa dusha marka caanuhu diiraan. Isku walaaq lakabyada caanaha ka hor quudinta ama siinta.
- Haddii aan la isticmaali doonin caanaha naaska gudaha 48 saacadood ka dib bamgareynta, barafee caanaha ama baraf ka dhig.
- Marwalba isticmaal caanaha naaska ee wakhtigii ugu dambeeyay la bamgareeyay. Ka dibna isticmaal caanaha qaboojiyaha ku jira ama barafeysan adiga oo ugu horeysiinaya kuwa ugu taariikh fog.
- Haddii caanaha naasku leeyihiin dhanaan ama ur aan fiicnayn, iska daadi caanaha. Haddii wax shaki ahi jiro, **ha isticmaalin** caanaha.

Kaydinta Caanaha Naaska ee Cusub

- Haddii aad si fiican u dhaqday gacmahaaga ka hor bamgareynta, caanaha cusub waxa lagu hayn karaa heerkulka qolka (oo aan ka diiranayn 77°F ama 25°C) si loo isticmaalo gudaha 4 ilaa 8 saacadood. Haddii aanad isticmaalayn, sida ugu dhakhsaha badan ugu kaydi qaboojiyaha.
- Isla markiiba caanaha gali qaboojiyaha haddii heerkulka qolka, baabuurka ama hawada dibaddu ka sareeyo 77°F ama 25°C. Marka aad ka maqantahay guriga, isticmaal qaboojiye la qaadan karo oo uu baraf ku jiro si ay caanuhu qabow u ahaadaan.

Kaydinta Caanaha Naaska

Tilmaamahan waxa loogu talagalay ilmo ku dhashay mudo buuxda oo caafimaadqaba. Waxa laga yaabaa in lagu siiyo tilmaamo kale oo aad raacdid.

- **Cusub**
 - ▶ Ku kaydi heerkulka qolka (oo aan ka diiranayn 77°F ama 25°C) mudo ah 4 ilaa 8 saacadood. Haddii heerkulku intaa ka sareeyo, isla markiiba caanaha gali qaboojiye.
 - ▶ Caanaha waxa lagu kaydin karaa qaboojiye (32 ilaa 39°F ama 0 ilaa 3.9°C) mudo ah 5 ilaa 7 maalmood.

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- **Frozen**
 - ▶ Frozen milk can be stored for 3 months in the refrigerator freezer and 6 months in a deep freezer (0°F or -17.8°C).
 - ▶ Once thawed, frozen milk can be stored in the refrigerator for 24 hours.

Thawing Frozen Breast Milk

- Thaw frozen milk in a cup of warm water. This takes 5 to 10 minutes.
- You can also thaw frozen milk 8 to 12 hours or overnight in the refrigerator.
- Thawed milk can remain refrigerated but should be used within 24 hours.
- **Do not** thaw breast milk by sitting it on the counter at room temperature.
- **Do not** warm breast milk in a microwave oven. It can change the breast milk and reduce the quality of the milk. Microwave ovens heat the milk unevenly to cause a chance of burning your baby's mouth.
- **Do not** refreeze thawed milk.

Warming Breast Milk

- Remove the milk from the refrigerator just before using.
- Warm the milk by holding the container under **warm** running tap water or sit it in a bowl of warm water for 5 to 10 minutes.
- Rotate the bottle gently and test the warmth of the milk by placing a drop on the inside of your wrist before feeding your baby.

- **Barafeysan/Berefoobey**

- ▶ Caanaha barafeysan waxa lagu kayd in karaa qaybta barafeynta ee qaboojiyaha mudo ah 3 bilood isla markaana 6 bilood ayaa lagu kayd in karaa barafeeye si adag baraf uga dhigaya (0°F ama – 17.8°C).
- ▶ Marka la dhalaaliyo, waxa caanaha barafobay lagu kayd in karaa qaboojiyaha mudo ah 24 saacadood.

Dhalaalinta Caanaha Naaska ee Barafobay

- Ku dhalaali caanaha barafobay koob ah biyo diiran. Tani waxay qaadanaysaa 5 ilaa 10 daqiiqadood.
- Waxa kale oo aad caanaha barafobay dhalaalin kartaa 8 ilaa 12 saacadood ama habeenkii ayaa lagaga tagi karaa gudaha qaboojiyaha caadiga ah.
- Caanaha la dhalaaliyay way ku jiri karaan qaboojiyaha laakiin waa in lagu isticmaalo gudaha 24 saacadood.
- **Ha dhalaalin** caanaha naaska ee barafka ah adiga oo kaga tagaya dusha miiska madbakha ama jikada oo ah heerkulka qolka.
- **Ha ku** diirin caanaha naaska foornada maykrowayf. Waxay beddeli kartaa caanaha naaska waxana ay yareyn kartaa tayada caanaha. Foornada maykrowayfku waxay caanaha u kululeysaa si aan sinayn taaso keeni karta in caanuhu gubaan afka ilmahaaga.
- **Dib ha** u barafeyn caanaha la dhalaaliyay.

Diirinta Caanaha Naaska

- Caanaha ka soo saar qaboojiyaha kaliya wax yar ka hor isticmaalka.
- Diiri caanaha adiga oo weelka ku hoos haynaya biyaha tuubada ama qasabada oo socota oo **diiran** ama ha ku dhex jiraan baaquli ama madiibad ay ku jiraan biyo diiran mudo ah 5 ilaa 10 daqiiqadood.
- Si tartiib ah u warwareeji dhalada oo tijaabi diiranaanta caanaha adiga oo hal dhibic ku dhibcinaya curcurka gacantaada oo gudaha ah ka hor inta aanad siinin ilmahaaga.

- Milk left over in the container after a feeding may be offered at the next feeding before discarding. Do not reheat milk that has been heated. Breast milk can safely stand at room temperature for 4 to 8 hours.
- **Do not** warm breast milk by sitting it on the counter at room temperature.
- **Do not** warm breast milk in a microwave oven. It can change the breast milk and reduce the quality of the milk. Microwave ovens heat the milk unevenly to cause a chance of burning your baby's mouth.

Talk to your baby's doctor or nurse if you have any questions or concerns.

- Caanaha ku hadha weelka ka dib quudinta waxa la siin karaa quudinta kale ee ku xigta ka hor inta aan la daadin. Dib ha u kululeyn caanaha la kululeeyay. Caanaha naasku si amaan ah ayay u ooli karaan heerkulka qolka mudo ah 4 ilaa 8 saacadood.
- **Ha diirin** caanaha naaska adiga oo kaga tagaya dusha miiska madbakaha ama jikada oo ah heerkulka qolka.
- **Ha ku diirin** caanaha naaska foornada maykrowayfka. Waxay beddeli kartaa caanaha naaska waxana ay yareyn kartaa tayada caanaha. Foornada maykrowayfku waxay caanaha u kululeysaa si aan sinayn taasoo keeni karta in caanuhu gubaan afka ilmahaaga.

La hadal dhakhtarka ilmahaaga ama kalkaalisada haddii aad qabtid su'aalo ama walaac.

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