



Breastfeed with Confidence

Practical Tips for the Modern Mother

Menyusu Dengan Yakin

Tip-Tip Praktikal untuk Ibu Moden



Spearheaded by
Dianjur oleh



Nutrition Society of Malaysia (NSM)

In collaboration with
Dengan kerjasama



Obstetrical & Gynaecological
Society of Malaysia (OGSM)



Malaysian Paediatric
Association (MPA)



National Population & Family
Development Board (LPPKN)

Supported by
Disokong oleh



PHILIPS
AVENT

EDITORIAL COMMITTEE JAWATANKUASA PENYUNTING

Chairman/Pengerusi

Dr Tee E Siong, KMN

Members/Ahli-ahli

Assoc Prof Dr Poh Bee Koon
Ms Tan Sue Yee
Dr Kiren Sidhu

Published by/Diterbitkan oleh



Spearheaded by/Dianjur oleh



Nutrition Society of Malaysia
c/o Division of Human Resources
Institute for Medical Research
Jalan Pahang
50588 Kuala Lumpur
Email: president@nutriweb.org.my

In collaboration with/Dengan kerjasama



Obstetrical & Gynaecological
Society of Malaysia
Suite A-05-10, Plaza Mont Kiara
No. 2, Jalan Kiara, Mont Kiara
50480 Kuala Lumpur
Email: president@ogsm.org.my



Malaysian Paediatric Association
3rd Floor (Annexe Block)
National Cancer Society Building
66, Jalan Raja Muda Abdul Aziz
50300 Kuala Lumpur
Email: mpaeds@gmail.com



Lembaga Penduduk dan
Pembangunan Keluarga Negara
Bangunan LPPKN
12B, Jalan Raja Laut
Peti Surat 10416
50712 Kuala Lumpur
Email: penduduk@lppkn.gov.my

Supported by/Disokong oleh



Philips Malaysia Sdn Bhd
Toll Free: 1-800-880-180
www.philips.com.my/AVENT





A-3-6, Block A, 8 Avenue,
Jalan Sungai Jernih 8/1, Seksyen 8,
46050 Petaling Jaya,
Selangor Darul Ehsan, Malaysia.
Tel: +603 7961 1868
Email: matters@ultraworks.biz

SECTION A: WHY BREASTFEEDING IS BEST
SEKSYEN A: MENGAPA PENYUSUAN SUSU IBU ADALAH TERBAIK

Knowing the benefits
Ketahui faedahnya 8

Getting the facts right
Fakta yang betul 14

Making your preparations
Membuat persediaan anda 18

SECTION B: GETTING IT RIGHT
SEKSYEN B: CARANYA YANG BETUL

Your baby has arrived!
Bayi anda sudah dilahirkan! 26

Getting the most out of breastfeeding
Mendapat manfaat sepenuhnya daripada penyusuan susu ibu 30

Breastfeeding on demand
Menyusu mengikut kehendak 38

How to know if your baby is feeding well
Bagaimana mengetahui bayi anda menyusu dengan baik 44

Common breastfeeding concerns
Masalah penyusuan susu ibu yang lazim 50

SECTION C: BALANCING WORK & BREASTFEEDING
SEKSYEN C: MENGIMBANGI KERJA DENGAN PENYUSUAN

Getting ready for work
Membuat persiapan untuk bekerja semula 56

Expressing breast milk
Memerah susu ibu 62

Storing and feeding
Menyimpan dan memberi susu ibu perahan 67

***Disclaimer**
This book is not in any way intended to substitute medical advice from your doctor or health professionals. When in doubt, please consult your doctor. The Nutrition Society of Malaysia (NSM), Malaysian Paediatric Association (MPA), Obstetrical & Gynaecological Society of Malaysia (OGSM), National Population and Family Development Board (LPPKN) are not liable from any issue arising from the use of this book.

NSM, OGSM, MPA and LPPKN do not endorse any products and are not responsible for any claims made in the advertisements.

Intellectual property is vested in the Mother's Smart Choice (MSC) programme. No part of this book shall be reprinted without the written permission from the Expert Panel of MSC.

***Penolakan tuntutan**
Buku ini sama sekali tidak bertujuan untuk menggantikan nasihat doktor anda atau pakar profesional kesihatan. Segala kemusykilan hendaklah dirujuk kepada doktor anda. Persatuan Pemakanan Malaysia (NSM), Persatuan Pediatrik Malaysia (MPA), Persatuan Obstetrikal dan Ginekologikal Malaysia (OGSM) dan Lembaga Penduduk dan Pembangunan Keluarga Negara Malaysia (LPPKN) tidak bertanggungjawab atas apa-apa isu yang berbangkit daripada penggunaan buku ini.

NSM, OGSM, MPA dan LPPKN tidak mengesyorkan sebarang produk dan tidak bertanggungjawab ke atas sebarang akuan daripada iklan-iklan yang disiarkan.

Kandungan buku ini adalah hak cipta sepenuhnya program Mother's Smart Choice (MSC). Tidak dibenarkan mencetak semula mana-mana bahagian dalam buku ini tanpa kebenaran bertulis daripada Panel Pakar MSC.



Breastfeeding: The Smart Choice

Congratulations on becoming a mother!

Surely you know that breastfeeding is the best way to nourish your baby in the early years of his life. However, you may have concerns about your ability to breastfeed your baby well.

While some mothers find it easy to breastfeed right from the start, there are mothers who find it difficult to do without help. Additionally, there are many misconceptions about breastfeeding that discourage many mothers from breastfeeding their baby. The Nutrition Society of Malaysia (NSM) learned that many mothers who opted not to breastfeed did so due to problems that can be overcome with the right advice and guidance.

This is why NSM has collaborated with Obstetrical & Gynaecological Society of Malaysia (OGSM), Malaysian Paediatric Association (MPA) and National Population & Family Development Board (LPPKN) to produce ***Breastfeed with Confidence***. We want this book to guide mothers like you on how to breastfeed right. Packed with expert advice and practical tips, this book presents an upbeat contemporary approach to breastfeeding in a helpful manner. With this book, we hope you will feel confident about making the smart choice for both you and your baby.

Lastly, NSM would like to thank our partner professional bodies and PHILIPS AVENT for their collaboration in publishing this guide.

Dr Tee E Siong
President
Nutrition Society of Malaysia



Penyusuan Susu Ibu: Pilihan Bijak

Tahniah! Anda sudah menjadi seorang ibu.

Anda pasti tahu bahawa penyusuan susu ibu adalah cara yang terbaik untuk menyusukan bayi anda. Walau bagaimanapun, anda mungkin bimbang tentang kebolehan anda untuk menyusukan bayi dengan baik.

Walaupun terdapat sesetengah ibu yang boleh menyusukan bayi dengan mudah dari awal, ada juga ibu-ibu yang mendapati ia sukar dilakukan tanpa bantuan. Tambahan pula, terdapat pelbagai salah tanggapan tentang penyusuan susu ibu yang menghalang ibu-ibu dari menyusukan bayi. Persatuan Pemakanan Malaysia (NSM) mendapati bahawa ramai ibu memilih untuk tidak menyusukan bayi atas sebab-sebab yang boleh ditangani dengan nasihat dan panduan yang betul.

Oleh sebab itulah NSM telah bekerjasama dengan Persatuan Obstetrikal dan Ginekologikal Malaysia (OGSM), Persatuan Pediatrik Malaysia (MPA) dan Lembaga Penduduk dan Pembangunan Keluarga Negara (LPPKN) untuk menghasilkan buku panduan **Menyusu dengan Yakin**. Hasrat kami agar buku ini menjadi panduan kepada ibu-ibu seperti anda tentang cara menyusukan bayi dengan betul. Padat dengan nasihat pakar dan tip-tip praktikal, buku ini menggunakan pendekatan yang kontemporari dan membantu untuk menerangkan cara menyusukan bayi. Dengan buku ini, kami berharap agar anda akan merasa yakin untuk membuat pilihan bijak bagi anda dan bayi anda.

Akhir kata, NSM ingin mengucapkan terima kasih kepada rakan-rakan kongsi badan profesional kami dan PHILIPS AVENT atas kerjasama dalam penerbitan panduan ini.

Dr Tee E Siong

Presiden

Persatuan Pemakanan Malaysia



Section *Seksyen A





Why Breastfeeding is Best

As an expectant mother, one of your top priorities would be feeding your baby right. You know that breastfeeding is the natural and smart choice for you and your baby. Yet, you may be hesitant to make the decision because you have concerns about your ability to breastfeed. You may also be concerned that your baby will not have enough nourishment from your breast milk. In this section, we will share with you the facts that will clear your doubts and assure you that breastfeeding is the best choice for you and your baby.

Mengapa Penyusuan Ibu Adalah Terbaik

Sebagai seorang ibu hamil, salah satu keutamaan anda adalah cara menyusukan bayi anda dengan betul. Anda tahu bahawa penyusuan susu ibu adalah pilihan yang semulajadi dan paling bijak bagi anda dan bayi. Namun, anda mungkin teragak-agak untuk membuat keputusan kerana bimbang akan kebolehan anda untuk menyusukannya. Anda juga mungkin bimbang yang bayi anda tidak akan mendapat cukup khasiat daripada susu ibu. Di dalam bahagian ini, kami akan berkongsi dengan anda fakta-fakta yang akan meredakan keraguan dan meyakinkan anda bahawa penyusuan susu ibu adalah pilihan terbaik untuk anda dan bayi anda.

Knowing the Benefits

Breastfeeding is great for your baby

When it comes to nourishing your baby, nature has provided the best solution – your breast milk. Your breast milk is the most complete nutritious food you can give your baby. Why let breast milk go to waste when it can give your beloved baby many health benefits?

Ketahui Faedahnya

Penyusuan susu ibu adalah terbaik untuk bayi anda

Alam semula jadi telah menyediakan makanan yang terbaik bagi bayi anda – susu yang dihasilkan anda sendiri iaitu susu ibu. Susu ibu ialah makanan berkhasiat yang paling lengkap yang boleh anda berikan kepada bayi. Patutkah susu ibu dibazirkan apabila ia boleh memberi pelbagai kebaikan kepada bayi kesayangan anda?



Breast milk protects your baby from diseases

Your baby's immune system is not fully developed at birth. In fact, it takes the immune system three years or more to fully develop! Breast milk protects your baby during this vulnerable period.

Examples of Protective Substances in Breast Milk	
Antibodies	Infection-fighting substances
White blood cells	Destroy germs
Bifidus factor	Encourages beneficial bacteria to grow in your baby's gut, therefore preventing the growth of bad bacteria
Binding proteins	Bind to important nutrients, preventing them from being used by disease-causing bacteria to grow and multiply
Epidermal growth factor	Helps the growth of the cell walls in your baby's gut, preventing harmful substances from passing it into the blood stream

Susu ibu melindungi bayi anda daripada penyakit

Semasa dilahirkan, sistem imun bayi belum lagi cukup matang. Malah, sistem imun mengambil masa tiga tahun atau lebih untuk matang sepenuhnya! Dalam tempoh vulnerabel ini, susu ibu akan melindungi bayi anda.

Beberapa Contoh Bahan-Bahan Pelindung di dalam Susu Ibu	
Antibodi	Bahan melawan jangkitan
Sel darah putih	Membunuh kuman
Faktor Bifidus	Menggalakkan pembiakan kuman "baik" di dalam usus bayi, oleh yang demikian menghalang pertumbuhan kuman yang menyebabkan jangkitan
Protein-protein penambat	Terikat pada nutrien-nutrien penting, mencegah ia daripada digunakan untuk pembiakan oleh kuman yang menyebabkan jangkitan
Faktor pertumbuhan epidermal	Membantu pertumbuhan dinding-dinding sel di dalam usus bayi, mencegah bahan berbahaya daripada masuk ke dalam saluran darah



The first milk is the best

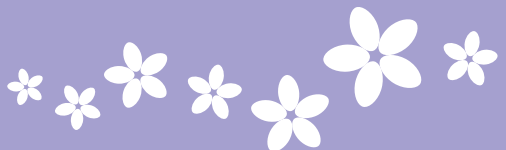
Colostrum, produced by your breasts by the seventh month of your pregnancy and continues through the first few days after birth, is known as the perfect food for babies.

- It acts like a “paint” that coats your baby’s gut, protecting your baby from germs that could cause infections.
- It helps to protect your baby from many bacteria and viruses. It also helps good bacteria to grow in your baby’s gut.
- It is very rich in protein and vitamin A.
- It acts as a laxative that helps your baby pass his stools and prevents jaundice.

Susu awal adalah yang terbaik

Kolostrum, dihasilkan oleh payu dara anda pada bulan ketujuh kehamilan dan seterusnya beberapa hari selepas kelahiran, dikenali sebagai makanan yang paling sempurna untuk bayi.

- Ia bertindak seperti cat yang menyalut usus bayi anda, melindunginya daripada kuman yang boleh menyebabkan jangkitan.
- Ia membantu melindungi bayi anda daripada pelbagai bakteria dan virus. Ia juga membantu pembiakan kuman “baik” di dalam usus bayi.
- Ia sangat kaya dengan protein dan vitamin A.
- Ia bertindak sebagai laksatif yang membantu bayi membuang najis dan mencegah jaundis.



Complete nutrition for your baby

Breast milk contains all the major nutrients your baby needs for his growth and development. Additionally, it often contains helpful substances (which are not present in infant formula) that enable your baby to digest these nutrients better.

Protein	Protein in breast milk is easy to digest and does not cause intolerance or allergy
Fat	Breast milk contains an enzyme called lipase that helps your baby digest fat better
Carbohydrate	Lactose, the main carbohydrate in breast milk, helps calcium absorption, provides fuel for your baby's brain growth and hinders the growth of harmful bacteria in your baby's gut
Iron	Reduces the risk of anaemia in the first six to eight months of your baby's life. Breast milk contains special substances that help improve the absorption of iron

Pemakanan lengkap untuk bayi anda

Susu ibu mengandungi kesemua nutrien utama yang diperlukan oleh bayi anda untuk tumbesaran dan untuk perkembangannya. Tambahan pula, ia mengandungi bahan-bahan (yang tidak terdapat dalam formula bayi) yang membantu bayi menghadam nutrien-nutrien tersebut dengan lebih baik.

Protein	Protein dalam susu ibu mudah dihadam dan tidak menyebabkan intolerans atau alahan
Lemak	Susu ibu mengandungi sejenis enzim dipanggil lipase yang membantu bayi menghadam lemak dengan lebih baik
Karbohidrat	Laktosa, karbohidrat utama di dalam susu ibu, membantu penyerapan kalsium, membekalkan tenaga untuk tumbesaran otak dan mencegah pembiakan bakteria berbahaya di dalam usus bayi
Zat besi	Mengurangkan risiko anemia enam hingga lapan bulan pertama selepas kelahiran. Susu ibu mengandungi bahan istimewa yang membantu meningkatkan penyerapan zat besi



Does breastfeeding make your baby smarter?

According to the World Health Organisation, children who are not breastfed or given breast milk may be at increased risk of lower developmental performance and educational achievement.

Adakah penyusuan susu ibu menjadikan bayi anda lebih cerdas?

Menurut Pertubuhan Kesihatan Sedunia, kanak-kanak yang tidak diberi susu ibu berkemungkinan lebih berisiko mengalami prestasi perkembangan dan pencapaian pendidikan yang lebih rendah.

Moms, too, benefit from breastfeeding!

- Allows positive feelings of nurturing and physical closeness to form between you and your baby.
- Breastfeeding “burns” up 500 calories per day. You will therefore get back in shape faster!
- Lets your womb return to its normal size more quickly, helping you heal faster and reducing bleeding.
- Reduces your risk of getting post-menopausal cancer of the breast, womb and ovaries, as well as osteoporosis and heart disease.
- Delays ovulation and menstruation, allowing you to space out pregnancies as well as giving your body a chance to replenish your iron stores.
- Convenient, hygienic, and the milk is always at the right temperature.
- Unlike formula milk, breast milk does not cost money!

Ibu juga mendapat faedah daripada penyusuan susu ibu!

- Membentuk perasaan keibuan yang positif dan menjalin hubungan fizikal yang rapat antara anda dan bayi.
- Penyusuan susu ibu “membakar” 500 kalori sehari. Oleh itu, anda akan cepat mendapat balik bentuk badan!
- Membolehkan rahim anda cepat kembali ke saiz normal, membantu anda pulih dengan cepat dan mengurangkan pendarahan.
- Mengurangkan risiko anda mendapat kanser payu dara post-menopaus, rahim dan ovari, serta osteoporosis dan penyakit jantung.
- Melambatkan ovulasi dan haid, membolehkan anda menjarakkan kehamilan serta memberi peluang tubuh anda menambah bekalan zat besi.
- Mudah, bersih, dan susu sentiasa pada suhu yang sesuai.
- Tidak seperti susu formula, susu ibu adalah percuma!



Getting the facts right

Many expectant mothers find that there are many contradicting advice and information about breastfeeding. In this chapter, we will share the facts and address popular misconceptions to help you get a better understanding of breastfeeding.

Fakta yang betul

Ramai ibu hamil mendapati terdapat banyak nasihat dan maklumat tentang penyusuan susu ibu yang bercanggah. Dalam bab ini, kami akan berkongsi fakta-fakta dan merungkai salah tanggapan yang lazim untuk membantu anda memahami dengan lebih baik mengenai penyusuan susu ibu.

Exclusive breastfeeding is best

- "**Exclusive breastfeeding**" means that you should give your baby only breast milk for the first six months.
- During this period, you should not give your baby other fluids (water and juices), infant formula or any food. Giving your baby even small amounts of water or other liquids can fill up his stomach and reduce his appetite for nutrient-rich breast milk.
- After six months, breast milk alone is not sufficient to meet the nutritional needs of your baby. You should begin to give your baby other foods and liquids. Besides giving him these complementary foods, you should continue breastfeeding him until he is two years old.

Penyusuan susu ibu secara eksklusif adalah terbaik

- "**Penyusuan susu ibu secara eksklusif**" bermaksud anda harus memberi bayi susu ibu sahaja bagi tempoh enam bulan pertama.
- Dalam tempoh ini, anda tidak seharusnya memberi bayi minuman lain (air dan jus), formula bayi atau makanan lain. Memberi walaupun sedikit air atau minuman lain kepada bayi akan membuat dia merasa kenyang dan mengurangkan selernya untuk menyusu susu ibu yang berkhasiat.
- Selepas umur enam bulan, susu ibu sahaja tidak mencukupi untuk memenuhi keperluan pemakanan bayi. Anda harus mula memberi bayi anda makanan dan minuman lain. Selain daripada makanan pelengkap, anda harus juga meneruskan penyusuan susu ibu sehingga dia berumur dua tahun.

What people say about breastfeeding

Salah tanggapan tentang penyusuan susu ibu

Myth 1: Breastfeeding is painful for the mother!

Some women may experience pain in the womb during their first few breastfeeds. This is caused by the contraction of their womb as a result of a hormone called oxytocin. Womb contraction may be painful to some women, but this feeling should last for only a day or two.

In most cases, pain in the breast is caused by poor positioning of the mother and baby during breastfeeding. Likewise, nipple pain and damage is usually caused by positioning problems. If you adopt the proper position during breastfeeding, pain should not be a major issue.

Mitos 1: Merasa sakit semasa menyusukan bayi!

Terdapat wanita yang mengalami kesakitan di dalam rahim semasa mula menyusukan bayi. Ia disebabkan oleh pengecutan rahim akibat daripada tindakan hormon oksitosin. Pengecutan rahim mungkin menyebabkan sesetengah wanita merasa sakit, walau bagaimanapun, kesakitan ini akan hilang dalam masa satu atau dua hari.

Lazimnya, sakit di payu dara disebabkan oleh kedudukan ibu dan bayi yang kurang sesuai semasa menyusu. Begitu juga, kesakitan dan kecederaan di puting. Kesakitan ini tidak akan berlaku jika anda menggunakan posisi yang betul semasa menyusu.

Myth 2: Breastfeeding is inconvenient.

This is not true. Breastfeeding is actually most convenient as you can feed your baby right away without having to prepare the milk beforehand or worry about milk supply. Some mothers need some time and practice before they can breastfeed their baby right, but once they can get it right, they find breastfeeding a convenient and rewarding way to feed their baby.

Mitos 2: Penyusuan susu ibu menyusahkan.

Ini tidak benar. Sebenarnya, penyusuan susu ibu adalah paling mudah kerana anda boleh terus menyusukan bayi tanpa perlu menyediakan susu atau bimbang tentang bekalan. Sesetengah ibu memerlukan masa dan latihan sebelum mereka boleh menyusukan bayi dengan betul, tetapi selepas itu, mereka mendapati penyusuan susu ibu mudah dan sungguh memuaskan.



Myth 3: Breastfeeding is not possible if the mother delivers her baby via Caesarian section.

This is not true. Provided that there are no medical complications, a mother who delivers her baby via Caesarian section can still breastfeed her baby. However, she will need some assistance in positioning the baby because she will be nursing on her back and one or both arms may be restrained due to the placement of the IVs.

Mitos 3. Ibu yang melahirkan bayi secara pembedahan Caesarian tidak boleh menyusukan bayi.

Ini tidak benar. Ibu yang melahirkan bayi secara pembedahan Caesarian masih boleh menyusukan bayi jika tiada komplikasi perubatan. Walau bagaimanapun, dia memerlukan sedikit bantuan untuk memposisikan bayi kerana dia akan menyusukan bayi secara telentang dan sebelah atau kedua-dua belah lengannya mungkin terbatas kerana diletakkan titisan intravena.

Myth 4: Not every mother can produce enough milk for the baby.

This is not true. Only a very small number of women are truly unable to produce enough milk for their baby. One popular misconception is that women with small breasts will not be able to produce enough milk during breastfeeding. In truth, breast size does not affect your milk supply at all! Many mothers also believe that, because their baby feeds frequently, even at night, they may not be producing enough milk to feed the baby. Again, this is not true. The baby wants to feed frequently because he is growing very fast and needs plenty of milk.

Mitos 4: Tidak semua ibu boleh menghasilkan susu yang cukup untuk bayi.

Ini tidak benar. Hanya segelintir wanita yang betul-betul tidak boleh menghasilkan susu yang cukup untuk bayi mereka. Satu tanggapan yang salah ialah wanita yang mempunyai payu dara kecil tidak boleh menghasilkan susu yang cukup. Sebenarnya, saiz payu dara langsung tidak menjejaskan penghasilan susu! Ramai ibu juga percaya, oleh kerana bayi mereka kerap menyusu termasuk pada waktu malam, susu mereka mungkin tidak mencukupi untuk bayi. Sekali lagi, ini adalah tidak benar. Bayi menyusu kerap kerana dia sedang membesar dengan cepat dan memerlukan banyak susu.



Myth 5: Breastfeeding causes the breast to sag.

This is not true. Sagging can be minimised if you wear a good supportive bra during pregnancy and while breastfeeding.

Mitos 5: Penyusuan susu ibu menyebabkan payudara kendur.

Ini tidak benar. Bentuk payu dara boleh dikekalkan dengan memakai coli yang boleh menampung payu dara dengan baik semasa hamil dan menyusukan bayi.

Making your preparations

As the delivery date draws near, you must be anxiously waiting to hold your precious baby in your arms. Like many expectant mothers, you may also experience pangs of anxiety and doubts about your ability to nourish your baby. Here are some tips to help settle your doubts and concerns.

Membuat persediaan anda

Apabila tarikh kelahiran semakin dekat, anda pasti tidak sabar untuk memangku bayi anda. Seperti ibu-ibu hamil lain, anda juga mungkin merasa resah dan ragu terhadap kebolehan anda untuk menyusukan bayi. Berikut ialah beberapa tip untuk membantu meredakan keraguan dan kemusykilan anda.

1 Have a positive attitude

Trust your body! Your body has nourished your baby during your pregnancy, so have faith that you will continue to do so successfully after delivery.

Bersikap positif

Percayalah pada tubuh anda! Sepanjang kehamilan, tubuh anda telah membekalkan khasiat untuk bayi anda, oleh itu percayalah bahawa selepas kelahiran, tubuh anda akan berjaya meneruskannya.



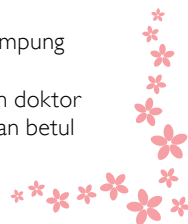
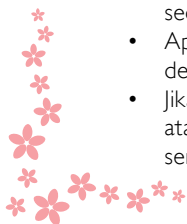


2 Understand your breasts

- During pregnancy, your breasts will experience tenderness or soreness. Don't worry, this is a normal sign that your breasts are preparing to feed your baby.
- Wear a good supportive bra when exercising or taking part in sports.
- If you have flat or inverted nipples, you should talk to your doctor or lactation nurse about how to get your baby to latch on properly during breastfeeding.

Fahami payu dara anda

- Semasa kehamilan, payudara anda akan terasa kurang selesa atau sakit. Jangan risau, ini adalah biasa dan menunjukkan bahawa payudara anda sedang bersiap sedia untuk menyusukan bayi.
- Apabila bersenam atau bersukan, pakailah coli yang boleh menampung dengan baik.
- Jika puting anda rata atau terbalik, anda patut berbincang dengan doktor atau jururawat laktasi tentang cara untuk melekapkan bayi dengan betul semasa penyusuan.



A Note to Family Members

Breastfeeding is not just a way to feed the baby, it is a lifestyle. Fathers, partners, grandparents and everyone else in the family can get involved too! Here are some ways they can help to support the breastfeeding mother:

- Be supportive and encouraging towards the mother's continuous efforts to breastfeed her baby.
- Offer emotional support when the mother wants to talk about her concerns.
- Encourage the mother to take care of herself by getting plenty of rest between feeds and having regular healthy meals.
- Helping around the house so that the mother can devote more time and energy into breastfeeding the baby.
- Lending a helping hand in tasks such as changing diapers and giving baby a bath.
- Provide emotional nourishment to the baby by cuddling and playing with him.

Pesanan untuk Ahli Keluarga

Penyusuan susu ibu bukanlah hanya satu cara untuk memberi bayi makan, ia adalah satu gaya hidup. Baba, pasangan, datuk dan nenek serta ahli keluarga yang lain juga boleh terlibat! Berikut ialah beberapa cara yang mereka boleh bantu untuk menyokong ibu yang menyusukan bayi.

- Beri sokongan dan galakan kepada ibu atas kesungguhannya untuk menyusukan bayi.
- Beri sokongan emosi apabila ibu ingin berbincang mengenai kerisauannya.
- Galakkan ibu untuk menjaga kesihatan dirinya dengan mendapat cukup rehat antara masa penyusuan dan mengambil hidangan berkhasiat dengan tetap.
- Membantu membuat kerja-kerja rumah agar ibu dapat menumpukan sepenuh masa dan tenaganya untuk menyusukan bayi.
- Membantu menukar lampin dan memandikan bayi
- Berikan sokongan emosi kepada bayi dengan memeluk dan bermain dengannya.



The Expectant Mommy's Checklist

You can use this checklist to help you get ready for the big day.

Get informed about breastfeeding

- Read up relevant books about breastfeeding
- Get information from reliable sources on the Web
- Get tips and advice from mothers who have good breastfeeding experience
- Ask your doctor or look online for local breastfeeding support groups that you can join

Get the whole family involved

- Let family know of your decision to breastfeed
- Clear up their misconceptions about breastfeeding
- If possible, arrange for someone to stay with you during labour and birth so that she can help you when necessary
- Discuss with family members about how they can help you around the house after the baby arrives

Get your hospital care team involved

- Let the hospital staff know of your decision to breastfeed
- Ask for your baby to be roomed with you so that you can breastfeed as soon as possible after birth and as frequently as you need to
- Tell them not to give your baby any infant formula

Going into confinement

- Get a confinement lady who has experience with breastfeeding mothers
- Let her know that you intend to sleep in the same room as your baby to enable night feeding

Senarai Semak Ibu Hamil

Anda boleh gunakan senarai semak ini untuk membantu anda membuat persediaan bagi menyambut hari yang ditunggu-tunggukan.

Dapatkan maklumat mengenai penyusuan susu ibu

- Baca buku-buku berkaitan dengan penyusuan susu ibu
- Dapatkan maklumat daripada sumber yang boleh dipercayai di dalam laman web
- Dapatkan tip-tip dan nasihat daripada ibu-ibu yang mempunyai pengalaman manis menyusukan bayi
- Bertanya dengan doktor anda atau cari maklumat di dalam internet mengenai kumpulan sokongan penyusuan susu ibu yang boleh anda sertai

Libatkan seluruh keluarga

- Maklumkan kepada keluarga keputusan anda untuk menyusukan bayi
- Dapatkan penjelasan mengenai salah tanggapan mereka tentang penyusuan susu ibu
- Jika boleh, aturkan agar seseorang dapat menemani anda semasa melahirkan bayi supaya dia boleh memberi bantuan, jika perlu
- Berbincang dengan ahli keluarga bagaimana mereka boleh membantu dengan kerja-kerja rumah selepas kelahiran bayi

Dapatkan penglibatan anggota hospital yang menjaga anda

- Maklumkan kepada anggota hospital keputusan anda untuk menyusukan bayi
- Minta agar bayi ditempatkan bersama anda supaya anda boleh menyusukannya secepat mungkin selepas kelahiran dan seberapa kerap yang perlu
- Minta mereka jangan memberi bayi anda susu formula

Berpantang

- Dapatkan penjaga (*confinement lady*) yang berpengalaman menjaga ibu yang menyusukan bayi
- Maklumkan bahawa anda merancang untuk tidur bersama bayi untuk membolehkan anda menyusukannya pada waktu malam



The world's favourite breast pump brand

No.1
recommended
by mums*

Recommended by healthcare professionals as the ideal nutrition for your baby, breastfeeding provides both mother and baby unique benefits.

Not only is breastfeeding a safe source of nourishment for your baby but it also provides natural antibodies that help protect baby from common childhood illnesses, as well as contribute to a host of long-term benefits for children such as lower blood pressure, lower cholesterol and lower rates of obesity and type-2 diabetes as they grow into adulthood. As for mothers, breastfeeding reduces risks of breast and ovarian cancer later in life, helps women return to pre-pregnancy weight faster and lowers rates of obesity.

Flexible feeding

If you are breastfeeding, you might like to consider using a breast pump to continue to feed your baby your breast milk – even if you

can't be there to give the feed in person. Expressing with a breast pump is convenient, quick and really easy, once you know how. It's best to wait a few weeks after the birth to let breastfeeding become established before you start, unless a healthcare professional recommends otherwise.

Philips AVENT offers two types of pumps to help you: manual and electric. Both these breast pumps work quickly, gently and quietly. They feature the unique patented 5-petal massage cushion and a silicone diaphragm, which work together to imitate the way your baby breastfeeds, making them extremely comfortable and efficient to use. The massage effect means that the suction can be gentler and with great results.

The electric pump offers all the benefits of the manual pump with the unique addition of an electronic memory that learns from you, then at the touch of a button, continues your personal pumping rhythm. This gives you infinitely variable

control over speed, vacuum and rhythm for a comfortable and relaxed pumping experience. And because they are so gentle, the Philips AVENT breast pumps can also help overcome early common problems, such as engorgement or cracked nipples.

Instant benefit

Both pumps allow you to express directly into a Philips AVENT bottle or pre-sterilised cup for storage in the fridge or freezer. This makes your feeding routine much more flexible, as your partner or someone close to you can feed your baby with your precious breast milk at any time.

Philips AVENT breast pumps help you breastfeed for longer, as they enable you to juggle your busy life and still make sure your baby enjoys all the benefits of your breast milk – this is why Philips AVENT is the No. 1* recommended brand by mums worldwide.



Proud to be most recommended by moms.*



The unique benefit of breastfeeding is something that we take to heart at Philips AVENT. With our Breast Pump Range, we are here to assist mothers today who often have to combine breastfeeding with other activities and responsibilities. To share any experience of your own motherhood or seek advice from other moms, join us at facebook.com/philipsavent.

PHILIPS
AVENT

sense and simplicity

*Based on December 2010 TNS online satisfaction survey conducted among more than 10,000 female users of childcare brands and products in US, UK, France, Germany, Spain, Italy, Netherlands, Poland, Russia and China.

For more information, log on to www.philips.com/AVENT

Customer Care Center: 1800-880-180



Check out our products on iOS now!



Getting It Right

In the early days after delivery, both you and your baby will be learning how to breastfeed together. If you are unable to get it right the first time, don't give up. Breastfeeding is just like cycling: it gets easier with practice. It will not be long before you and your baby are bonding and reaping the benefits of breastfeeding together!

Cara Yang Betul

Beberapa hari selepas bersalin, anda dan bayi anda akan bersama-sama mempelajari cara untuk menyusui. Janganlah berputus asa, jika pada mulanya anda tidak dapat melakukannya dengan betul. Sama seperti menunggang basikal, ia semakin mudah jika berlatih. Tanpa disedari, ikatan kasih sayang akan terjalin antara anda dan bayi dan anda berdua akan bersama-sama mengesap manfaat penyusuan susu ibu!

Your Baby Has Arrived!

Congratulations on a safe delivery! You must be bursting with joy as you hold your precious baby in your arms. Your colostrum and breast milk will not only nourish your baby as he grows and develops, the beneficial effects of breast milk will continue to benefit him in the years ahead. You can be assured that you will be setting a healthy foundation for your baby for the rest of his life.

A Note to Moms

- Health experts recommend that you give your baby his first breastfeed within the first hour after delivery.
- Continuous skin-to-skin contact with your baby is very important, so hold your baby close to you as soon as possible for at least an hour after birth.
- During skin-to-skin contact, your baby will be drawn by the odour of your breast to move toward your nipple.
- Don't be anxious if your first effort at breastfeeding does not go well. What is more important is that you have introduced your baby to your breast and he has learned how to suckle at your breast.
- If you have problems with your first breastfeed, ask for assistance from a lactation nurse.

As a prelude to your baby's first breastfeed, you should hold him close to your skin as soon as possible after birth. Holding your baby close to your skin ("skin to skin" contact) has many benefits for your baby, such as:

- Calms you and your baby
- Keeps your baby warm and helps keep his heartbeat and breathing stable
- Your baby is alert for the first one to two hours of his life, so skin-to-skin contact with you allows him to make eye contact and bond with you
- Allows your baby to find your breast and self-attach, letting him learn quickly how to suckle effectively

Bayi Anda Sudah Dilahirkan!

Tahniah atas kelahiran yang selamat! Anda pasti sangat gembira dapat memangku bayi tersayang. Kolostrum dan susu ibu bukan sahaja dapat membekalkan khasiat kepada bayi anda untuk tumbesarannya, malah kebaikan susu ibu akan terus memberi manfaat bagi tahun-tahun seterusnya. Yakinlah bahawa anda telah menyediakan asas yang kukuh untuk kesihatan sepanjang hayatnya.

Pesanan kepada Ibu-Ibu

- Pakar-pakar kesihatan menyarankan agar bayi diberi penyusuan susu ibu pertamanya dalam tempoh satu jam selepas bersalin.
- Sentuhan kulit-ke-kulit yang berterusan adalah sangat penting. Oleh itu, dakaplah bayi seberapa awal yang boleh selepas bersalin untuk sekurang-kurangnya satu jam.
- Semasa sentuhan kulit- ke- kulit, bayi akan tertarik dengan bau payu dara anda dan bergerak ke arah puting.
- Jangan risau jika usaha pertama anda tidak berjalan dengan lancar. Yang penting ialah anda telah memperkenalkan payu dara kepada bayi dan dia telah belajar untuk menyusu.
- Dapatkan bantuan jururawat laktasi jika anda menghadapi masalah pertama kali anda menyusukan bayi.

Untuk memulakan penyusuan pertama, anda harus dakap bayi rapat pada kulit anda sejurus selepas bersalin. Mendakap bayi kulit-ke-kulit memberi banyak faedah kepada bayi, seperti:

- Menenangkan anda dan bayi
- Memanaskan tubuh bayi dan membantu menstabilkan degupan jantung dan pernafasannya
- Bayi anda cergas pada satu hingga dua jam pertama selepas kelahiran, oleh itu sentuhan kulit-ke-kulit akan membolehkan dia membuat hubungan mata dan menjalinkan hubungan rapat dengan anda
- Membolehkan bayi mencari payu dara dan melekap sendiri serta cepat belajar cara untuk menyusukan dengan berkesan



Initiating your baby's first breastfeed

You are holding your baby close to you, comforted by his warmth and heartbeat. The first breastfeed often occurs naturally during skin-to-skin contact. If not, you can give your baby some gentle encouragement in the following manner.

Memulakan penyusuan pertama bayi anda

Anda sedang memangku bayi dengan erat, tenang dengan kehangatan tubuh dan degupan jantungnya. Semasa sentuhan kulit-ke-kulit, lazimnya, penyusuan pertama akan berlaku secara spontan. Jika tidak, anda boleh memberi sedikit galakkan seperti berikut.

1 Relax! Take deep calming breaths if needed. If your baby is crying, take the time to calm him down first.
Relaks! Jika perlu, ambil nafas panjang supaya bertenang. Jika bayi sedang menangis, ambil masa untuk menenangkannya dahulu.

2 Cradle your baby in a position that is comfortable for the two of you.
Pangku bayi dalam posisi yang selesa untuk anda dan bayi.

3 Brush your baby's lips lightly against your nipple.
Perlahan-lahan, sentuh bibir bayi dengan puting anda.

4 Wait until his mouth is wide open before letting him take your breast in his mouth.
Tunggu sehingga mulutnya terbuka luas sebelum membiarkan bayi memasukkan payu dara ke dalam mulut.

5 Don't worry if the first breastfeed does not go well. You have introduced your breast to your baby, and the two of you can get it right the next time.

Jangan bimbang jika penyusuan kali pertama tidak berjalan dengan lancar. Anda telah memperkenalkan payu dara anda kepada bayi, dan anda berdua boleh berjaya lain kali.



Special Circumstances to Consider

You may not be able to immediately breastfeed after delivery. Perhaps you are under medication or are just too exhausted after labour. That is perfectly fine. While it is good to feed your baby soon after birth, you do not need to do it immediately. If your baby and you need time to recover after delivery, the two of you can then begin breastfeeding once you are both ready.

What can I do if I have a general anaesthetic and will not be conscious for some time after delivery?

You can ask for your baby to be given to you as soon as you are awake. Get assistance to have your baby put to your breast for a cuddle.

Will I be able to initiate skin-to-skin contact with my baby after an epidural or spinal anaesthetic?

Yes. You will still be awake and be able to hold your baby. You will, however, need to lie down flat for a few hours after a spinal to avoid getting a severe headache.

Can I hold my baby after a Caesarean section?

Normally, you will be able to hold your baby within the first hour after your delivery, as long as there are no complications with your baby. First, your baby will be cleaned and probably dried. He will then be placed on your chest. A warm blanket will cover the two of you as you enjoy your first skin-to-skin contact with your baby.

Penyusuan Dalam Keadaan Tertentu

Anda mungkin tidak boleh menyusukan bayi seurus selepas bersalin. Mungkin anda diberi ubat-ubatan atau terlalu penat selepas melahirkan bayi. Jangan bimbang. Walaupun adalah penting untuk menyusukan bayi secepat mungkin selepas bersalin, anda tidak perlu melakukannya serta merta. Jika anda dan bayi memerlukan masa untuk berehat, anda boleh memulakan penyusuan apabila anda berdua sudah bersedia.

Jika saya diberi anestetik umum dan tidak sedarkan diri beberapa ketika selepas melahirkan bayi, apakah yang boleh saya lakukan?

Seurus selepas anda sedar anda boleh mendapatkan bayi. Minta bantuan untuk meletakkan bayi di dada untuk didakap.

Bolehkah saya memulakan sentuhan kulit-ke-kulit jika saya diberi anestetik spinal atau epidural?

Boleh. Anda boleh meminta supaya bayi anda dibawa kepada anda seurus selepas anda sedar. Walau bagaimanapun, anda perlu berbaring telentang buat beberapa jam selepas diberi anestetik spinal untuk mengelak daripada mendapat sakit kepala.

Selepas pembedahan Caesarian, bolehkah saya memegang bayi?

Biasanya, jika tiada komplikasi, anda boleh memegang bayi dalam tempoh satu jam selepas bersalin. Mula-mula, bayi akan dikesat kering dan dibersihkan. Kemudian dia akan diletakkan di atas dada anda. Anda dan bayi akan diselimutkan dengan selimut panas dan anda berdua boleh menikmati sentuhan kulit-ke-kulit bersama.

Getting The Most Out Of Breastfeeding

Well done on giving your baby his first breastfeed! As you continue to breastfeed him, you will find that breastfeeding can be one of the most rewarding experiences you can have with your baby. During these moments, it is important that you ensure that you can breastfeed your baby both comfortably and properly. In this chapter, we will share with you tips and advice on how to continue getting the most out of breastfeeding.

Mendapat Manfaat Sepenuhnya Daripada Penyusuan Susu Ibu

Syabas kerana berjaya memberi bayi anda penyusuan pertamanya. Apabila anda meneruskan penyusuan, anda akan mendapati bahawa penyusuan susu ibu adalah satu pengalaman yang tidak ternilai yang anda boleh kecapai bersama. Pada saat-saat ini, penting bagi anda memastikan yang anda boleh menyusukan bayi dengan selesa dan betul. Di dalam bab ini, kami akan berkongsi dengan anda tip dan nasihat bagaimana untuk terus mendapat manfaat sepenuhnya daripada penyusuan susu ibu.



1 Make sure that you and your baby are calm

Breastfeeding is easier when both you and your baby are calm. Before you begin, you can do things such as take deep calming breaths or play soothing music in the background to put you in the right state of mind.

Pastikan anda dan bayi anda dalam keadaan tenang

Penyusuan susu ibu akan menjadi mudah jika anda dan bayi bertenang. Sebelum bermula, anda boleh lakukan beberapa perkara seperti mengambil nafas panjang atau memainkan lagu latar yang menenangkan untuk meletakkan anda dalam suasana yang tenteram.



2 Good positioning is important

With practice, most experienced mothers will soon find that they can breastfeed their babies in almost any position, anytime and anywhere. For new mothers, however, here are some tips to get you started.

Pentingnya posisi yang betul

Dengan pengalaman, kebanyakan ibu boleh menyusukan bayi dalam apa-apa posisi, bila-bila masa dan di mana-mana. Walau bagaimanapun, bagi ibu-ibu baru, berikut adalah beberapa tip untuk anda bermula.



Breastfeeding positions

Posisi penyusuan susu ibu



1 Cross arm position

Useful position if you have a small or ill baby. It lets you support your baby's head and body well, making it a useful position for new mothers to adopt. Take care that your baby's head is not held too tightly to prevent movement.

Posisi silang lengan

Posisi yang baik jika bayi anda kecil atau tidak sihat. Ia membolehkan anda menyokong kepala dan tubuh bayi dengan baik. Berhati-hati agar kepala bayi tidak dipegang dengan terlampau kuat sehingga tidak boleh bergerak.



2 Cradle position

Your baby's lower arm is tucked around your side. Take care that your baby's head is not too far into the crook of your arm and that your breast is not pulled to one side.

Posisi dukung

Lengan bayi didakap di sisi anda. Berhati-hati yang kepala bayi tidak terlalu jauh dari kelok lengan anda dan payu dara anda tidak tertarik ke sebelah.



3 Underarm position

Useful if you have twins. This position also lets you have a good view of your baby's attachment to your breast. Take care that your baby is not bending his neck and forcing his chin down his chest.

Posisi bawah lengan

Cara yang berguna jika anda mendapat bayi kembar. Dalam posisi ini anda dapat perhatikan bagaimana bayi melekap di payu dara. Berhati-hati agar bayi tidak membengkokkan leher dan menekan dagunya ke dada.



4

Lying down on side position

Helps you to rest, especially if you had a Caesarean section. Take care that your baby's nose is at the same level as your nipple and that he does not need to bend his neck to reach your breast.

Posisi berbaring

Membantu anda berehat, terutama jika anda menjalani pembedahan Caesarian. Pastikan hidung bayi sama paras dengan puting anda dan dia tidak perlu membengkokkan lehernya untuk mencapai payu dara.



Things to consider when getting your positioning right

- Your body should be well-supported and you can hold your baby close to your breast.
- Make sure that you are not leaning back and pulling away your breasts from your baby. Avoid leaning back in bed or using a chair without a proper support for your back.
- Use pillows, cushions or folded blankets if needed to help support you and your baby.
- Place a glass of water near you – you may get thirsty while you are breastfeeding your baby!



Beberapa perkara yang perlu diberi perhatian apabila mendapatkan posisi yang betul

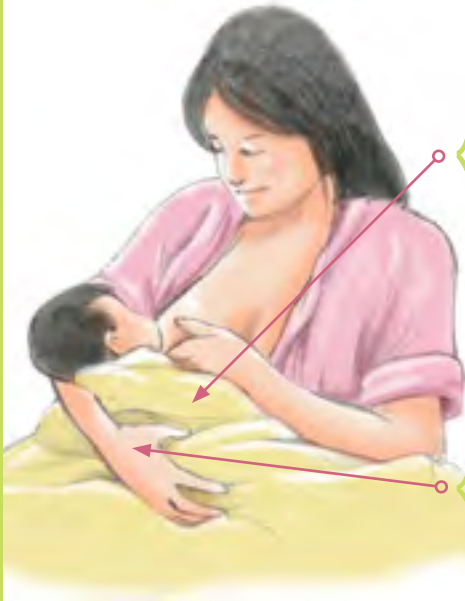
- Tubuh anda harus disokong dengan baik dan anda memegang bayi rapat pada payu dara.
- Pastikan anda tidak menyandar ke belakang and menarik payu dara dari bayi anda. Elakkan daripada menyandar di atas katil atau menggunakan kerusi tanpa sokongan untuk bahagian belakang anda.
- Jika perlu, gunakan bantal, kusyen atau selimut yang dilipat untuk membantu menyokong anda dan bayi.
- Sediakan segelas air dekat anda, anda mungkin terasa dahaga semasa menyusukan bayi!

Hold your baby right

Here is what you need to look out for when you are holding your baby while breastfeeding.

Pegang bayi anda dengan betul

Ambil perhatian terhadap perkara-perkara berikut ketika memegang bayi semasa menyusu.



It is important that your baby's body and head are in a straight line during feeding. His head must be at the same level as your breast but his body can slope downward, as long as it does not cause your baby to pull down on your breast.

Semasa menyusu, penting untuk anda memastikan bahawa kepala dan tubuh bayi selari. Kepala bayi hendaklah sama paras dengan payu dara dan tubuhnya boleh condong ke bawah, selagi ia tidak menyebabkan bayi menarik payu dara ke bawah.

You can support your baby's neck and shoulders with your hand, your thumb and fingers resting on the back of his head. Your baby's chin should not be tilted up or dropped back.

Anda boleh menyokong lehernya dan bahu bayi menggunakan tangan, dengan ibu jari dan jejeri lain menyokong belakang leher. Dagu bayi tidak seharusnya mendongak atau jatuh ke bawah.

When holding your baby, here are some things to avoid.

- Do not lay your baby on his back.
- Do not hold him so that his mouth is above or below your nipple.
- Do not let his chin push down toward his chest.
- Do not bring your breast to your baby. Bring your baby to your breast instead.

Berikut adalah beberapa perkara yang perlu dielakkan apabila memegang bayi.

- Jangan baringkan bayi telentang.
- Jangan memegang bayi terlalu tinggi atau rendah sehingga mulutnya berada di atas atau di bawah puting.
- Jangan membiarkan dagu bayi menekan ke bawah ke arah dadanya.
- Jangan membawa payu dara anda ke bayi, sebaliknya bawa bayi ke payudara.

Make sure that your baby takes your breast correctly Pastikan bayi melekap dengan betul



1 Brush your baby's lips lightly across your nipple. If he is well-positioned, he should already be right by your nipple.

Sentuh bibir bayi dengan puting anda. Jika diposisikan dengan betul, dia seharusnya berada sama paras dengan puting anda.



2 When his mouth is opening wide, quickly move his head onto your breast so that he can take a good, deep mouthful.

Apabila mulut bayi terbuka luas, gerakkan kepala bayi ke payudara anda dengan cepat supaya dia boleh memasukkan banyak sebahagian besar payudara ke dalam mulut.



3 Make sure he takes a large mouthful of the areola and not just the nipple

Pastikan bayi mengambil sebahagian besar areola dan bukan puting sahaja.



You may have to work on this for a few minutes before he opens his mouth widely enough to take in enough of your breast, so don't feel frustrated if you can't get it right the first time. If you or your baby becomes upset, stop for a while and take deep calming breaths. It is normal for feeds to take a long time during the early days as both you and your baby are learning. It will become easier after some practice.

Jangan berasa kecewa jika anda gagal kali pertama. Anda mungkin perlu mencuba beberapa kali sebelum bayi membuka mulut dengan cukup luas untuk mengambil payu dara secukupnya. Jika anda atau bayi berasa resah, berhenti sekejap dan ambil nafas panjang. Di peringkat awal, adalah biasa jika anda berdua mengambil masa yang agak lama untuk menyusu kerana anda berdua sedang belajar. Dengan latihan ia akan menjadi lebih mudah.

Signs of good attachment

Here are some signs that you can look for to ensure that your baby is attached properly:

- The baby's mouth is wide opened
- The lower lip is turned out
- The chin is touching the breast (or nearly so)
- More areola is visible above the baby's mouth than below

Tanda-tanda pelekapan yang betul

Untuk memastikan yang bayi melekap dengan betul, perhatikan tanda-tanda berikut:

- Mulut bayi terbuka luas
- Bibir bawah terjuih keluar
- Dagu menyentuh (atau hampir) payu dara
- Lebih banyak bahagian areola kelihatan di atas mulut bayi berbanding di bawah

Ending the feed

You will notice that your baby have a pattern of sucking a few times and then pausing, sucking and pausing again. As the feed goes on, he will pause for longer periods. Do not take him off your breast at this point. Let your baby feed without interruption until he lets go of your breast by himself or has fallen asleep.

Mengakhiri penyusuan

Anda akan menyedari bahawa bayi mempunyai corak penyusuan di mana dia akan menghisap beberapa kali dan kemudian berhenti sejenak, hisap dan berhenti lagi. Apabila penyusuan diteruskan, tempoh bayi berhenti menyusu akan menjadi lebih lama. Pada ketika itu, jangan berhentikan penyusuan. Biarkan bayi menyusu tanpa diganggu sehingga dia berhenti sendiri atau tertidur.

Alternate your breasts

Feed your baby on the first side until he stops suckling. Remove, burp him, and offer him the next breast. If he refuses to feed, that means he is full. You should begin the next feed with the heavier breast.

Gilirkan payu dara

Susukan bayi pada payu dara pertama sehingga dia berhenti sendiri. Alih serta sedawakan dia, dan berikan dia payu dara yang sebelah lagi. Jika dia menolak, bermakna dia sudah kenyang. Untuk penyusuan seterusnya, anda harus mulakan dengan payu dara yang terasa lebih berat.



Don't forget to burp him!

You can sit your baby up like this, letting his chest rest on your hand and using your top finger to support his chin. Gently rub or pat him on the back.

Jangan lupa sedawakan bayi!

Anda boleh duduk seperti ini, dan biarkan dada bayi bersandar di atas tangan anda. Gosok atau tepuk belakang bayi perlahan-lahan.



Breastfeeding On Demand

Aside from knowing how to breastfeed properly, you should also become familiar with your baby's feeding habits. How often do you need to feed him? How do you know when he is hungry? In this chapter, we will share with you the answers to these questions and more.

Menyusu Mengikut Kehendak Bayi

Selain daripada mengetahui cara menyusukan bayi dengan betul, anda juga harus peka dengan corak penyusuan bayi. Berapa kerap anda harus menyusukan bayi? Bagaimana hendak tahu bilakah dia lapar? Dalam bab ini, kami akan berkongsi dengan anda jawapan kepada soalan-soalan ini dan banyak lagi.





A Note to Moms

- Your baby has a small stomach and he is growing very quickly. Therefore, it is normal for him to want to feed frequently. You may find yourself breastfeeding your baby 8 to 12 times a day.
- Many mothers assume that they must not be producing enough milk if their baby wants to feed so often. This is not true. It is normal for newborn babies to feed so frequently!
- Different baby have different nursing patterns, which may vary when they grow. Your healthy baby will naturally fall into a nursing pattern that is best suited for him. So when it comes to when and how long you should feed your baby, you should let your baby decide.
- Breastfeeding at night is important, both for your baby's growth and for your milk production.



Pesanan kepada Ibu-ibu

- Perut bayi anda kecil dan dia sedang membesar dengan sangat cepat. Oleh itu, adalah biasa bagi dia untuk menyusu dengan kerap. Anda mungkin menyusukan dia 8 hingga 12 kali sehari.
- Ramai ibu menyangka bahawa mereka tidak boleh menghasilkan susu yang cukup jika bayi mereka ingin menyusu dengan kerap. Ini tidak benar. Bayi yang baru dilahirkan memang menyusu kerap!
- Bayi-bayi mempunyai corak penyusuan yang berbeza, yang mungkin berubah apabila dia membesar. Bayi anda yang sihat akan mempunyai corak penyusuan yang sesuai untuk dirinya. Anda harus membiarkan bayi menentukan bila dan berapa lama anda patut menyusukannya.
- Penyusuan di sebelah malam adalah penting untuk tumbesaran bayi dan penghasilan susu.

Tips for breastfeeding on demand

Tip-tip Penyusuan Mengikuti Kehendak

I Know when your baby is hungry

Your baby will let you know that he is hungry by showing any or all of the following behaviours:

- Increased eye movement
- Opening his mouth and stretching out his tongue while turning his head around to look for your breast
- Making soft whimpering sounds, and
- Sucking on hands, fingers, or any nearby objects.

Ketahui bila bayi anda lapar

Bayi anda akan memberitahu bila dia lapar dengan menunjukkan salah satu atau semua tingkah laku berikut:

- Pergerakan mata meningkat.
- Bayi membuka mulut dan menjelirkan lidah sambil berpaling-paling mencari payu dara anda.
- Merengek, dan
- Menghisap tangan, jari, atau apa-apa benda yang dekat dengannya.



Don't wait for your baby to cry before you feed him.

Jangan tunggu sehingga bayi menangis sebelum menyusukannya.



2 Don't forget to feed at night

Night feeding is important because your hormones that stimulate your milk production work better at night. In the first few days after delivery, do not let your baby sleep for more than 4 hours after his last feed. You can wake your baby gently by changing his diaper or massaging his back, abdomen and legs.

Jangan lupa penyusuan sebelah malam

Penyusuan di sebelah malam adalah penting kerana pada waktu malam, hormon-hormon yang merangsang penghasilan susu berfungsi dengan lebih berkesan. Jangan biarkan bayi anda tidur melebihi 4 jam di antara penyusuan beberapa hari selepas kelahiran. Anda boleh bangunkannya secara perlahan dengan menukar lampin atau mengurut bahagian belakang, abdomen dan kakinya.



Some things to watch out for...

Beberapa perkara yang perlu diberi perhatian...

1 Baby keeps crying after a feed

If the feed has been successful, it is unlikely that your baby is hungry. He could be crying because of other reasons, such as wind or gas. You can try burping him, check to see whether his diaper needs changing, or just hold him and cuddle him quietly.

Bayi masih menangis selepas menyusu

Bayi anda tidak berkemungkinan lapar jika penyusuan berjaya. Dia mungkin menangis kerana sebab-sebab lain, seperti sakit perut atau angin. Cuba sedapkan dia, periksa sama ada lampinnya perlu ditukar, atau dukung dan dakap sahaja bayi dengan tenang.

2 Baby is not interested in feeding

In many cases, a baby's reluctance to feed is caused by stress or poor positioning during feeding. Try breastfeeding in a comfortable position in a quiet environment, with you and your baby both feeling calm.

Consult your doctor if your baby appears to be too weak to suckle on your breast. He could be ill.

Bayi tidak berminat untuk menyusu

Lazimnya, keengganan bayi untuk menyusu disebabkan oleh stres atau posisi yang tidak betul semasa menyusu. Cuba menyusu dalam posisi yang selesa dan suasana yang damai, di mana anda dan bayi anda berasa tenang.

Dapatkan nasihat doktor jika bayi kelihatan terlalu lemah untuk menyusu. Bayi anda mungkin sakit.



3 Help! Mommy is exhausted!

It is common for mothers to feel exhausted while adjusting to the schedule of breastfeeding their baby. Don't feel stressed or guilty if this happens to you. Take plenty of rest between feeds, get your family to help with the housework, and don't be afraid to ask for help. Try to get some "me time" once a day by letting a family member care for the baby while you relax. Also, don't forget to eat regular healthy meals and drink plenty of water!

Tolong! Ibu tersangat letih!

Kebiasaannya ibu akan merasa letih sementara menyesuaikan diri dengan jadual penyusuan bayi mereka. Jangan merasa tertekan atau bersalah jika ia berlaku kepada anda. Berehat secukupnya antara waktu penyusuan, dapatkan ahli keluarga untuk membantu dengan kerja-kerja rumah, dan jangan takut untuk meminta bantuan. Sekali sehari, cuba luangkan masa untuk diri sendiri dengan membiarkan ahli keluarga yang lain menjaga bayi sementara anda berehat. Juga jangan lupa untuk makan hidangan berkhasiat secara tetap dan minum banyak air!

4 Mommy's breasts become engorged

Engorged breasts are common 2 to 4 days after birth. They usually mean milk is not flowing out well from the breast.

To overcome this situation, breastfeed your baby frequently. You can also use a warm compress before a breastfeed to stimulate milk flow and make the breast softer. Cold compress can be put on the breast after a feed to relieve pain.

If your breasts are still hard, express some milk by hand or with a breast pump, before and after a feeding.

Payu dara ibu bengkak

Kebengkakan pada payu dara sering berlaku 2 hingga 4 hari selepas bersalin. Ia selalunya disebabkan oleh susu yang tidak mengalir keluar dengan lancar dari payu dara.

Susukan bayi dengan kerap untuk mengatasinya. Anda juga boleh tuamkan payu dara dengan jaram panas sebelum menyusu untuk merangsang aliran susu dan melembutkan payu dara. Jaram sejuk boleh diletakkan di atas payu dara selepas menyusu untuk meredakan kesakitan.

Jika payu dara masih keras, perahkan sedikit susu menggunakan tangan atau pam, sebelum dan selepas menyusu.



How To Know If Your Baby Is Feeding Well

As a loving mother who is concerned about your baby's well-being, of course it is natural to wonder whether you are giving your baby all the milk he needs to grow and develop. Here are some reliable signs that you are indeed feeding your baby well.

Bagaimana Mengetahui Bayi Anda Menyusu Dengan Baik

Sebagai seorang ibu penyayang yang mengambil berat tentang kesihatan bayinya, adalah biasa bagi anda mengkhawatiri samada anda memberi susu yang cukup untuk tumbesaran dan perkembangannya. Berikut ialah beberapa tanda yang menunjukkan bahawa anda memang menyusukan bayi dengan baik.



1 Baby needs regular diaper change

Your baby should wet his diapers 6 times or more a day with pale yellow urine. He should have 3 to 8 small bowel movements a day, although he may do this less frequently after he is one month or older.

Bayi kerap membuang air kecil

Bayi harus membuang air kecil yang berwarna kuning jernih, 6 kali atau lebih sehari. Dia patut membuang air besar 3 hingga 8 kali sehari, walaupun, kekerapan mungkin berkurangan apabila dia berumur satu bulan atau lebih.

2 Baby looks healthy and sleeps well

Your baby should be sleeping well and looking healthy and alert when awake. If your baby is feeding well, he will have good muscle tone and healthy skin. It won't be long before he grows too big for his clothes!

Bayi kelihatan sihat dan tidur nyenyak

Bayi anda harus tidur nyenyak dan kelihatan sihat serta cegas apabila terjaga. Bayi juga mempunyai tona otot yang baik dan kulit yang sihat jika dia menyusu dengan baik. Tanpa anda sedari, dia akan cepat membesar dan memerlukan pakaian baru!



Having concerns about your baby's growth?

Every baby grows at his own rate. Consult your doctor and have him weigh your baby regularly to check whether your baby is growing normally.

Bimbang dengan tumbesaran bayi anda?

Setiap bayi membesar pada kadarnya sendiri. Secara berkala, dapatkan doktor untuk menimbang berat badan bayi anda untuk memastikan sama ada bayi membesar dengan normal.





Concerned about milk supply?

Many mothers are understandably concerned about not producing enough milk. Because their baby wants to feed so many times each day, can their body produce enough milk to keep their baby full and happy? If you have such concern, we will share with you some facts and tips that will help you put your doubts to rest.

Facts about inadequate breast milk

- Only a tiny percentage of women (about 1%) are truly not able to produce enough breast milk for their babies.
- For most women, low milk supply is caused by problems such as infrequent breastfeeding, poor positioning and poor latch on by baby. Sometimes stress can also be a cause.
- Frequent breastfeeding helps boost milk supply. The more your baby suckles, the more milk you will produce.



Do you have enough milk?

Many mothers think that they do not have enough milk when they actually do. To determine whether your baby is getting enough milk, check to see whether he requires regular diaper change every day. If yes, it is unlikely that you have low milk supply.



Bimbang kurangnya susu ibu?

Memang difahami bahawa ramai ibu yang kkuatir tidak dapat menghasilkan susu yang mencukupi. Oleh kerana bayi mereka hendak menyusu dengan kerap setiap hari, bolehkah tubuh mereka menghasilkan susu yang cukup agar bayi mereka kenyang dan gembira. Jika anda bimbang, kami akan berkongsi bersama beberapa fakta dan tip-tip yang akan membantu meredakan kebimbangan anda.

Fakta tentang kekurangan susu ibu

- Hanya segelintir wanita (lebih kurang 1%) yang sememangnya tidak boleh menghasilkan cukup susu untuk bayi mereka.
- Bagi kebanyakan wanita, kekurangan susu ibu adalah disebabkan oleh kurang kekerapan penyusuan, serta posisi dan pelekapan bayi yang tidak betul. Kadang kala, stres juga boleh menjadi penyebab.
- Menambahkan kekerapan penyusuan susu ibu akan membantu meningkatkan penghasilan susu. Lebih banyak bayi menghisap, lebih banyak susu dihasilkan.



Adakah susu anda mencukupi?

Ramai ibu beranggapan bahawa mereka tidak mempunyai cukup susu. Bagi memastikan yang bayi mendapat cukup susu, perhatikan samada lampinnya perlu kerap disalin setiap hari. Jika ya, pasti mencukupi.



Tips to improve your milk supply

Breastfeed frequently. Offer both breasts each time you feed. Let baby stay at your first breast as long as he is still suckling and swallowing. Offer the second breast only when he stops.

Ensure proper latch on. When breastfeeding, make sure that your baby is properly latched on to your breast.

Tip untuk meningkatkan penghasilan susu ibu

Susukan bayi dengan kerap. Berikan kedua-dua belah payu dara di setiap penyusuan. Biarkan bayi menyusu pada payu dara selagi dia masih menghisap dan menelan. Berikan payu dara sebelah lagi apabila dia berhenti.

Pastikan pelekapannya betul. Apabila menyusu, pastikan bayi melekap pada payu dara dengan betul.

Shaking off that stress

If you feel stressed before a breastfeed, the following may help stimulate your milk flow:

- Breathe slowly and carry out relaxation techniques.
- Listen to calming music such as recordings of water flowing.
- Have someone give you a gentle massage on your shoulders and back.
- Use warm compresses over your breast before breastfeeding
- Gently roll or stroke your nipples to physically stimulate milk flow.
- If you experience pain due to stitches in your perineum or Caesarean wound, try to find a suitable position or put a pillow on your abdomen to protect the wound.

Menangani stres

Jika anda merasa tertekan sebelum menyusukan bayi, berikut adalah cara-cara yang boleh membantu merangsang aliran susu anda:

- Bernafas perlahan-lahan dan cuba teknik-teknik untuk merehatkan fikiran.
- Dengar lagu-lagu yang menenangkan seperti rakaman bunyi air mengalir.
- Dapatkan seseorang untuk mengurut perlahan-lahan bahu dan bahagian belakang anda.
- Tuam payudara anda sebelum menyusukan
- Perlahan-lahan, gentil atau usap puting untuk merangsang pengaliran susu secara fizikal.
- Jika anda mengalami rasa sakit disebabkan jahitan di perineum atau luka pembedahan Caesarian, cuba cari posisi yang sesuai atau letakkan bantal di atas abdomen anda untuk melindungi luka tersebut.



Common Breastfeeding Concerns

In this chapter, we will share with you tips to overcome some common concerns faced by breastfeeding mothers.

Masalah Penyusuan Susu Ibu Yang Lazim

Dalam bab ini, kami akan berkongsi dengan anda tip-tip untuk mengatasi beberapa masalah yang biasa dihadapi oleh ibu yang menyusukan bayi.

I Sore nipples

Many mothers find that their nipples can become tender during the first few days of breastfeeding. This can be avoided by making sure that your baby is attached properly during feeding.

To relieve the soreness, apply some expressed milk on your nipples after a breastfeed. You can also wear breast shells to avoid chaffing from your blouse.

Puting luka

Ramai ibu mendapati puting mereka akan merasa kurang selesa beberapa hari selepas memulakan penyusuan. Ini boleh dicegah dengan memastikan bayi dilekapkan dengan betul semasa penyusuan.

Selepas menyusukan bayi, sapukan sedikit susu ibu yang diperah ke atas payu dara anda untuk melegakan kepedihan. Anda juga boleh memakai "kelompok payu dara" (breasts shells) untuk mengelakkan puting daripada bergesel dengan baju.

2 Sore lumps

Sore lumps on your breast are caused by blocked milk ducts. Massage the lump down towards the nipple gently before and during a feed. You can also apply a moist, warm cloth to the area before a breastfeed. If you are expressing milk, avoid pressing hard on breast tissue. Also ensure that the bra you are wearing is not too tight.

Ketulan sakit

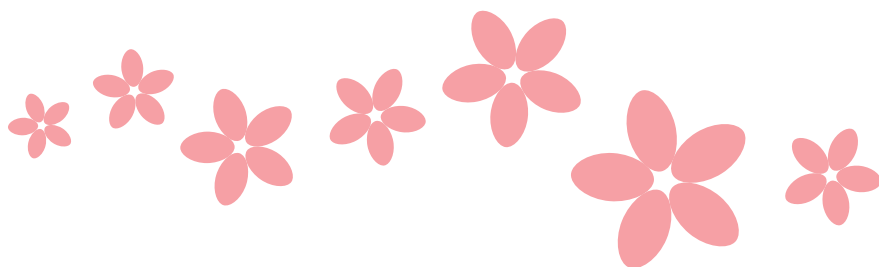
Duktus susu yang tersumbat akan menyebabkan terjadinya ketulan yang terasa sakit di dalam payu dara. Sebelum dan semasa menyusukan bayi, urut perlahan-lahan ketulan itu ke bawah ke arah puting. Sebelum menyusukan bayi, anda juga boleh tuam bahagian itu. Pastikan juga yang coli anda tidak terlalu ketat.

3 Breast infection (mastitis)

Mastitis is soreness or a lump in the breast, accompanied by flu-like symptoms and sometimes fever. Consult your doctor immediately if you believe that you have mastitis. You do not have to stop breastfeeding in the meantime.

Jangkitan payu dara (mastitis)

Mastitis ialah payudara yang terasa sakit atau terdapat ketulan dan disertai dengan simptom-simptom seperti flu dan kadang-kala demam. Segera berjumpa doktor anda jika anda rasa anda menghadapi mastitis. Sementara itu, anda tidak perlu berhenti menyusukan bayi.





Healthy babies, happy moms

There is nothing better you can give your baby than a health-enhancing benefits of breast milk. Philips AVENT's range of breastcare accessories has been designed to help you do so for as long as you like, as easily as possible.

What moms say:

“ Very dry against my skin, excellent for size and fit, very absorbent and felt like I wasn't wearing them. I especially liked the indent for the nipple. ”
(Disposable breast pads)

“ I found the shells very comfortable to wear; they really helped relieve my engorged breasts. ”
(Breast shells)

Breastcare Accessories



NEW!



Washable
breast pads

2-in-1 thermopads

Disposable breast
pads - day

Disposable breast
pads - night

Greater comfort on skin

All women are different and everyone experiences breastfeeding in a different way. Philips AVENT provides a range of accessories to help you with some problems you may face along the way.

PHILIPS
AVENT
sense and simplicity





Balancing Work & Breastfeeding

It is almost time to get back to work. How fast time flies! Don't worry, you can still provide your baby with breast milk while you are away at work. With some adjustments, you will soon settle comfortably into a routine where you will express breast milk during working hours and continue breastfeeding your baby when you are at home.

Mengimbangi Kerja Dengan Penyusuan Susu Ibu

Masa telah sampai untuk anda bekerja semula. Betapa cepatnya masa berlalu! Jangan bimbang, anda masih boleh memberi bayi anda susu ibu semasa anda bekerja. Dengan membuat sedikit penyesuaian, dengan cepat anda akan membiasakan diri dengan rutin di mana anda memerah susu semasa waktu bekerja dan menyusukan bayi apabila anda berada di rumah.

Getting Ready For Work

As you make plans to return to work, you will have to decide whether you wish to express your milk by hand or with a breast pump. Here are some things to consider before you pick the method best suited to you.

Membuat Persiapan Untuk Bekerja Semula

Semasa membuat persediaan untuk balik bekerja, anda perlu membuat keputusan samada hendak memerah susu mengguna tangan atau pam. Berikut adalah beberapa perkara yang perlu dipertimbangkan sebelum memilih kaedah yang paling sesuai untuk diri anda.



Consider your workplace

If there is limited space and privacy, you may consider using hand expression or a **manual pump**. Otherwise, you can opt to use an **electric pump**, which is usually more convenient. If there is no fridge available, you will have to bring your own **ice box**.

Pertimbangkan tempat kerja anda

Jika ruang dan privasi terhad, anda mungkin memikirkan untuk memerah susu dengan tangan atau menggunakan **pam manual**. Atau, anda boleh memilih untuk menggunakan **pam elektrik**, biasanya adalah lebih menyenangkan. Jika tidak terdapat peti sejuk, anda mungkin perlu membawa **kotak ais sendiri**.



Decide how you wish to express milk

Here are some things to consider when it comes to choosing the method that will work best for you.

Pilih cara anda ingin memerah susu

Berikut adalah beberapa perkara yang perlu diberi perhatian apabila memilih kaedah yang paling sesuai untuk anda.



1 Hand Expressing

- ✓ No need to invest in pumps
- ✓ No need to worry about repairs and getting spare parts
- ✓ Can be done almost anywhere
- ✓ Experienced mothers can do this very quickly
- ✓ Suitable for mothers with sore nipples
- ✓ Less risk of contamination since there is no equipment that may be also handled by other people

Note: Some mothers find it difficult to establish a good technique

Memerah dengan tangan

- ✓ Tidak perlu membeli pam
- ✓ Tidak perlu risau tentang kerosakan dan mendapatkan alat ganti.
- ✓ Boleh dilakukan di mana-mana.
- ✓ Mengambil masa yang singkat bagi ibu yang berpengalaman.
- ✓ Sesuai untuk ibu yang mengalami puting luka.
- ✓ Kurang risiko pencemaran kerana tiada peralatan yang digunakan oleh orang lain.

Nota: Sesetengah ibu-ibu mungkin menghadapi kesukaran untuk melakukan dengan betul.

2 Manual Pump

- ✓ Cheaper than an electric pump
- ✓ Convenient and easy to use
- ✓ Can be used anywhere

Note: Need sufficient time to express both breasts individually

Pam Manual

- ✓ Lebih murah daripada pam elektrik
- ✓ Mudah dan senang digunakan
- ✓ Boleh digunakan di mana-mana.

Nota: Memerlukan masa untuk memerah kedua-dua belah payu dara secukupnya secara berasingan.

3 Electric pump

- ✓ Convenient to use
- ✓ Double electric pumps can save time as both breasts can be expressed at the same time
- ✓ Stimulates milk flow well
- ✓ Can be adapted for single or double pumping as needed

Note: Need power supply, although some can run on battery

Pam Elektrik

- ✓ Mudah digunakan
- ✓ Pam elektrik dwi corong boleh menjimatkan masa kerana kedua-dua belah payu dara boleh diperah serentak.
- ✓ Merangsang pengaliran susu dengan baik.
- ✓ Boleh disesuaikan mengikut keperluan untuk mengepam sebelah atau kedua-dua belah.

Nota: Perlukan bekalan elektrik, namun ada yang boleh menggunakan bateri.



How do I choose a pump that is right for me?

Consider the following when choosing a breast pump:

- Is it available at a price that you find affordable?
- Is it comfortable to use?
- Can milk be stored in a collection container, in standard thread containers, or do you need to purchase additional special containers?
- What is the noise level when in use?
- Is it safe to use and easy to clean and sterilise?
- Is it easy to assemble?
- Are the instructions to use clear?



Bagaimana memilih pam yang sesuai untuk diri saya?

Perkara-perkara berikut perlu diambil kira apabila memilih pam payu dara:

- Adakah harganya mengikut kemampuan anda?
- Adakah ia selesa digunakan?
- Bolehkah susu yang diperah disimpan di dalam bekas biasa atau perlu membeli bekas khas?
- Adakah ia bisung apabila digunakan?
- Adakah ia selamat diguna, mudah dibersihkan dan disterilkan?
- Adakah ia mudah dipasang?
- Jelaskan arahan penggunaannya?

Arrange for the care of your baby

You can arrange for a trusted family member or an experienced caregiver to care for your baby while you are at work. Talk to that person about her experiences in storing and preparing expressed breast milk. You may have to teach her if she is not familiar with them.

Aturkan penjagaan bayi anda

Anda boleh aturkan agar seorang ahli keluarga yang dipercayai atau penjaga yang berpengalaman, menjaga bayi sementara anda bekerja. Berbincanglah dengan mereka mengenai pengalamannya menyimpan dan menyediakan susu ibu perahan. Jika dia kurang berpengalaman, anda mungkin perlu mengajarnya.



The Working Mom's Checklist

Here is a convenient checklist to help you make sure that everything is in order when you get back to work.

Milk for baby

- Ensure that you have enough milk stocked up for the caregiver to feed your baby the next day

The caregiver

Your baby's caregiver is clear on the following:

- How to contact you and your spouse
- How to store expressed breast milk
- How to prepare milk for your baby
- How to sterilise the cup used to feed your baby
- If your baby is younger than 6 months old, the caregiver should not give him other fluids (water and juices), infant formula, any other food or pacifiers
- From the age of 6 months, you should discuss with your caregiver the types and amounts of complementary foods to be given to your baby

Clothes and other necessities for work

- Two-piece outfits with lightweight, front-buttoned tops
- Nursing bra
- Extra nursing pads
- Container (to store expressed milk)
- Ice box (to keep expressed milk if refrigerator is not available)
- Breast pump (if you choose to use one)

Set your alarm clock

- Set aside enough time to give your baby a morning breastfeed before you head off for work

Senarai Semak Untuk Ibu Bekerja

Untuk memastikan semuanya teratur apabila anda balik bekerja semula, berikut ialah senarai semak yang mudah untuk membantu anda.

Susu untuk bayi

- Pastikan bekalan susu keesokkan hari mencukupi untuk diberi kepada bayi oleh penjaga

Penjaga bayi

Penjaga bayi anda jelas dengan perkara-perkara berikut:

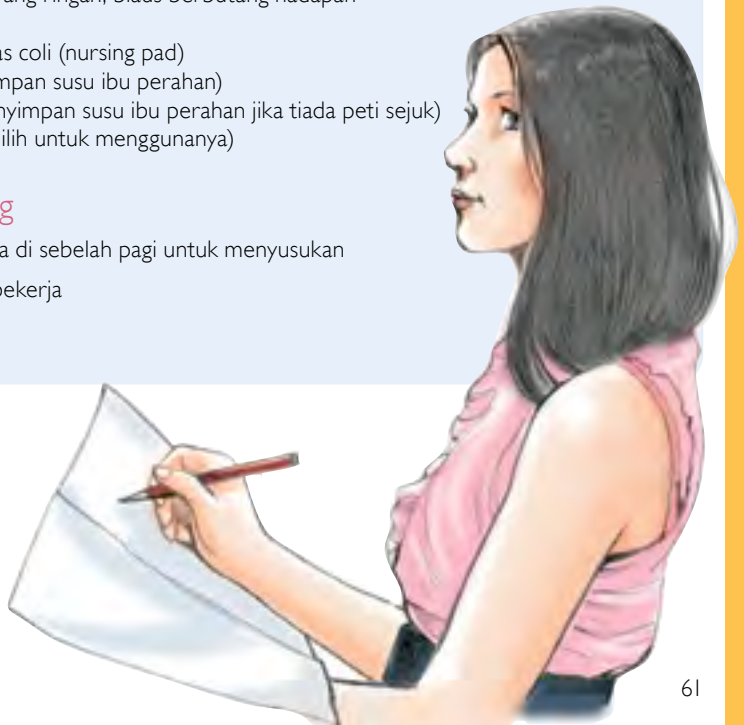
- Bagaimana untuk menghubungi anda atau pasangan anda
- Cara menyimpan bekalan susu ibu perahan
- Bagaimana untuk menyediakan susu ibu perahan untuk bayi anda
- Cara untuk mensteril cawan yang digunakan untuk menyusukan bayi
- Jika bayi anda berumur kurang dari 6 bulan, penjaga tidak sepatutnya memberi minuman lain (air atau jus), formula bayi, atau apa-apa makanan lain.
- Dari umur 6 bulan, berbincanglah dengan penjaga bayi tentang jenis dan kuantiti makanan pelengkap yang perlu diberi kepada bayi.

Pakaian dan keperluan lain untuk bekerja

- Pakaian dua keping yang ringan, blaus berbutang hadapan
- Coli untuk menyusukan
- Lebihkan bekalan alas coli (nursing pad)
- Bekas (untuk menyimpan susu ibu perahan)
- Kotak ais (untuk menyimpan susu ibu perahan jika tiada peti sejuk)
- Pam (jika anda memilih untuk menggunakannya)

Pasang jam loceng

- Sediakan cukup masa di sebelah pagi untuk menyusukan bayi sebelum pergi bekerja



Expressing Breast Milk

About two weeks before going back to work, you can begin expressing your breast milk. It is good to get started early because you will need practice to get the method right, and your baby will also need time to adjust to drinking expressed breast milk.

Memerah Susu Ibu

Anda boleh mula memerah susu ibu lebih kurang dua minggu sebelum anda balik bekerja semula. Elok jika dimulakan awal kerana anda perlu berlatih agar mahir dengan cara yang betul, dan bayi anda juga memerlukan masa untuk menyesuaikan diri meminum susu ibu perahan.

Expressing by hand

One of the ways to express breast milk is by hand. Before you start, wash your hands. You can press a warm cloth over your breasts to encourage the flow of milk. Use a sterilised container to collect the milk. **Don't forget to label the date and time of collection on the container once you are done!**

Memerah dengan tangan

Salah satu cara untuk memerah susu ibu adalah dengan menggunakan tangan. Sebelum bermula, basuhlah tangan anda. Anda boleh tuam payu dara anda untuk merangsang pengaliran susu. Gunakan bekas yang disteril untuk menadah susu. **Jangan lupa melabel tarikh dan masa perahan di bekas simpanan apabila anda selesai!**

How to express by hand

Cara untuk memerah dengan tangan



1 Get yourself comfortable, because your milk will flow better if you are calm. You can also warm your breast by massaging it, gently rolling your nipple between your finger and thumb.

Selesaikan diri anda, kerana susu akan mengalir dengan baik jika anda bertenang. Anda juga boleh memanaskan payu dara dengan mengurutnya, menggentil puting dengan jari dan ibu jari.



2 Gently feel the breast near the outer edge of your areola until you find a place that feels like a knotted string. These are your milk ducts. Place your first finger over the duct, your thumb on the opposite side of the breast.

Perlahan-lahan sentuh payu dara di areola di bahagian pinggir luar sehingga anda terasa bahagian yang berbiji-biji. Ini ialah duktus susu. Letakkan jari telunjuk anda di atas duktus dan ibu jari di bahagian bertentangan.





3 Gently press your thumb and finger slightly back toward your chest wall. Then, press the thumb and finger together, compressing the milk duct to get milk to flow toward the nipple. Next, release the pressure. Repeat these steps until milk starts to drip out (it may take a few minutes).

Tekan ibu jari dan jari anda perlahan-lahan ke belakang sedikit ke arah dada anda. Kemudian, tekan ibu jari dan je jari serentak. Ini akan menekan duktus susu dan mengalirkan susu ke puting. Seterusnya, lepaskan tekanan. Ulang langkah-langkah ini sehingga susu mula mengalir keluar (mungkin mengambil beberapa minit).



4 When milk flow slows, move your thumb and finger around the edge of your areola until you find another section with milk ducts. Repeat the above step to express milk. You can do this for both breasts several times until you have expressed enough milk.

Apabila pengaliran susu mula perlahan, alihkan ibu jari dan je jari ke bahagian lain areola sehingga anda terjumpa duktus susu lain. Ulang semula langkah-langkah memerah susu tadi. Anda boleh melakukan perahan beberapa kali pada kedua-dua belah payu dara sehingga anda mendapat susu secukupnya.



It is normal to obtain only a small quantity of milk during your first few attempts. It usually takes a few tries before you can express enough milk, so be patient and don't give up.

Memang biasa untuk mendapat hanya sedikit susu pada beberapa percubaan pertama. Selalunya, ia mengambil beberapa percubaan sebelum anda dapat memerah susu secukupnya. Oleh itu, bersabarlah dan jangan putus asa.

Expressing by breast pump

Before you start, sterilise all equipment and wash your hands. You can also encourage milk flow by softening your breasts with a warm compress and massaging them just like you would when expressing by hand.

Memerah menggunakan pam

Sebelum anda bermula, sterilkan kesemua peralatan dan basuh tangan anda. Anda juga boleh merangsang pengaliran susu dengan melembutkan payudara menggunakan tuam panas dan urutan sepertimana memerah dengan tangan.

1 Place the funnel of the pump over your areola so that it forms an airtight seal.
Letakkan corong pam di atas areola sehingga ia membentuk penutup yang kedap udara.

2 Keep a good seal and gently push down on palm handle to initiate let down. The suction that results will draw out milk from your breast.
Kekalkan kekedapan yang baik dan secara perlahan tekan pemegang injap ke bawah untuk memulakan pengeluaran. Sedutan akan menarik susu keluar daripada payudara.

3 Put the lid on the breast milk container tightly and refrigerate or cool and freeze the milk until it is needed.
Tutup ketat penutup bekas dan simpan di dalam peti sejuk atau sejukbekukan susu sehingga diperlukan.

4 Don't forget to label the date and time of collection on the container!
Jangan lupa untuk melabel tarikh dan masa memerah di bekas!



Note:

Please refer to your product manual for more information.

Nota:

Untuk keterangan lanjut, sila rujuk kepada manual produk anda.

Sterilisation: a great safety precaution

Milk is an ideal breeding ground for bacteria that can cause vomiting and diarrhoea in your child. This is why it is a good practice to sterilise everything that comes in contact with milk (such as bowls, cups, and parts of your breast pump).

Pensterilan: satu langkah keselamatan yang penting

Susu ialah bahan ideal untuk pembiakan bakteria yang boleh menyebabkan anak anda muntah-muntah dan cirit-birit. Oleh sebab itulah mensterilkan kesemua peralatan yang tersentuh dengan susu (seperti mangkuk, cawan dan bahagian-bahagian pam) adalah satu amalan yang baik.

Common Sterilising Methods

Cara-cara lazim mensteril



1 Boiling

Cheap and simple. Just place your equipment in boiling water for 10-15 minutes.

Merebus

Mudah dan murah. Letakkan sahaja peralatan anda selama 10-15 minit di dalam air mendidih.



2 Sterilisers

A convenient way to keep your equipment sterile. There are many types of sterilisers available.

Alat pensteril

Kaedah yang mudah untuk mensteril peralatan anda. Terdapat beberapa jenis alat pensteril di pasaran.

Storing And Feeding

Storing expressed milk

- Store milk in amounts equal to what your baby usually drinks in one feeding session.
- Use sterilised containers that are made of glass or BPA-free plastic.
- Label each container with the date, time and amount.
- Never add freshly expressed milk to previously stored milk.
- Always keep milk in the coldest part of the refrigerator or freezer (not in the door area).

How Long Breast Milk Can Keep	
Temperature	Duration of Storage
Room temperature (25-37°C)	4 hours
Refrigerator (2-4°C)	Up to 8 days
Freezer compartment inside refrigerator	2 weeks
Freezer part of a refrigerator-freezer	3 months
Separate deep freeze	6 months

Menyimpan Dan Memberi Susu Ibu Perahan

Menyimpan susu ibu perahan

- Simpan susu dalam jumlah yang biasa bayi anda minum dalam satu penyusuan.
- Gunakan bekas yang disteril yang diperbuat daripada gelas atau plastik bebas BPA.
- Labelkan tarikh, masa dan jumlah kandungan di setiap bekas.
- Jangan sekali-kali menambah susu yang baru diperah ke susu yang telah disimpan.
- Sentiasa simpan susu di bahagian paling sejuk di dalam peti sejuk atau sejukbeku (bukan di bahagian pintu)

Tempoh Penyimpanan Susu Ibu Perahan	
Suhu	Tempoh Penyimpanan
Suhu Bilik (25-37°C)	4 jam
Peti sejuk (2-4°C)	Sehingga 8 hari
Petak sejuk beku di dalam peti sejuk	2 minggu
Bahagian pembeku dalam peti sejuk-beku	3 bulan
Pembeku berasingan	6 bulan

Preparing stored milk for your baby

- Always use the oldest stored milk first.
- Place the container of milk in a bowl of warm water to warm or thaw quickly. **Do not use the microwave.**
- It is normal for fat in stored milk to separate out in small globules. When this happens, gently shake the milk to recombine the fat with the rest of the liquid.
- Test the milk's temperature by tipping a few drops on the inside of your wrist. It should feel lukewarm.
- Frozen milk, after thawed, can be kept in the fridge for up to 24 hours. **Do not refreeze leftover milk.**

Menyediakan susu yang disimpan untuk bayi anda

- Sentiasa gunakan susu yang lama dahulu.
- Letakkan bekas susu ke dalam mangkuk yang mengandungi air suam panas untuk memanaskan atau mencairkannya dengan cepat. **Jangan gunakan ketuhar gelombang mikro.**
- Kebiasaannya, lemak di dalam susu yang disimpan akan terpisah menjadi titisan kecil. Apabila ini terjadi, kocak susu tersebut perlahan-lahan untuk mencampurkan semula lemak dengan cairan susu yang lain.
- Uji suhu susu dengan menitiskan beberapa titik ke bahagian dalam pergelangan tangan anda. Ia patut terasa suam.
- Selepas susu ibu yang beku dicairkan, ia boleh disimpan di dalam peti sejuk selama 24 jam. **Jangan bekukan semula baki susu.**

Getting your baby ready

Your baby will need some time to get used to expressed milk. He will also need time to get used to being fed milk from a cup by the person caring for him while you are at work.

Expressed breast milk

At least 2 weeks before going back to work, start replacing one breastfeeding session a day with expressed milk. You can increase the frequency every few days, as follows:

Duration	Frequency of replacing breastfeeding with expressed breast milk
Day 1 – 3	Once a day
Day 4 – 6	Twice a day
Day 7 – 10	Three times a day
Day 11 – 14	Four times a day

Once you have started working again, you can fully breastfeed on weekends. You can keep Friday's expressed milk for Monday.

Menyediakan bayi anda

Bayi anda memerlukan sedikit masa untuk menyesuaikan diri dengan susu ibu perahan. Dia juga memerlukan masa untuk menyesuaikan diri meminum susu menggunakan cawan yang diberi oleh penjaganya semasa anda bekerja.

Susu ibu perahan

Sekurang-kurangnya 2 minggu sebelum bekerja semula, mulalah menggantikan satu kali penyusuan dengan susu ibu perahan. Anda boleh menambahkan kekerapan setiap beberapa hari, seperti berikut:

Tempoh	Kekerapan menggantikan penyusuan susu ibu dengan susu perahan
Hari 1 – 3	Sekali sehari
Hari 4 – 6	Dua kali sehari
Hari 7 – 10	Tiga kali sehari
Hari 11 – 14	Empat kali sehari

Apabila anda telah mula bekerja semula, anda boleh menyusukan bayi sepenuh masa pada hari minggu. Anda boleh simpan perahan hari Jumaat untuk hari Isnin.



Feeding expressed milk by cup

Get your caregiver to practice feeding your baby expressed milk from a small cup. It is best if you are not the one feeding your baby with expressed milk, because he may reject your cup, since he is used to breastfeeding.

Memberi susu perahan menggunakan cawan

Dapatkan penjaga bayi anda untuk berlatih memberi susu kepada bayi menggunakan cawan. Seelok-eloknya, janganlah anda yang memberi bayi susu ibu perahan. Oleh sebab bayi sudah biasa dengan anda menyusukannya, bayi mungkin menolak susu ibu perahan jika anda sendiri yang memberinya.



How to feed a baby by cup

- Sit the baby upright or semi-upright in your lap. Wrap baby firmly with a cloth to support his back and to keep his hands out of the way.
- Hold the cup to your baby's lips.
- Rest the cup lightly on your baby's lower lip and let the edges of the cup touch the outer part of the baby's lower lip.
- Do not pour milk into baby's mouth! Instead, tilt the cup so that the milk just reaches the baby's lips.
- Baby will become alert and start to take the milk into his mouth with his tongue. Older babies may suck at the milk, causing some to spill.
- When baby has had enough, he will close his mouth and will not take any more.
- Don't forget to burp your baby afterwards!

Bagaimana menyusukan bayi menggunakan cawan

- Dudukkan bayi tegak atau hampir tegak di atas riba anda. Dengan menggunakan sehelai kain, bedung bayi dengan kukuh untuk menyokong belakangnya dan pastikan tangannya tidak menghalang.
- Pegang cawan dekat dengan bibir bayi.
- Letakkan perlahan-lahan cawan di atas bibir bawah bayi dan biarkan hujung cawan mencecah bahagian luar bibirnya.
- Jangan tuang susu ke dalam mulut bayi! Sebaliknya, jongketkan cawan supaya susu sampai ke bibir bayi.
- Bayi akan menjadi cergas dan mula menjilat susu. Bayi yang lebih besar mungkin akan menghirup dan sedikit susu mungkin tumpah.
- Apabila bayi sudah kenyang, dia akan tutup mulut dan berhenti.
- Selepas itu, jangan lupa sendawakan bayi!



Why use a cup?

Cup feeding offers some advantages over other methods of feeding.

- Avoid nipple confusion. Breastfed baby who is used to artificial teat may get confused when he is put to the mothers breast and may refuse to breastfeed.
- Allows your baby to use his tongue and to learn tastes.
- Encourages your baby to learn coordinated breathing, sucking and swallowing.
- Lets your baby control the amount and rate of milk he is drinking.

Mengapa menggunakan cawan?

Penyusuan menggunakan cawan memberi beberapa faedah berbanding kaedah lain.

- Mengelakkan daripada keliru puting. Bayi yang menyusu susu ibu yang sudah biasa dengan puting tiruan akan menjadi keliru apabila diletakkan di payu dara ibu untuk penyusuan dan mungkin enggan menyusu.
- Membolehkan bayi anda menggunakan lidahnya dan belajar merasa.
- Menggalakkan bayi anda belajar mengkoordinasikan pernafasan, penghisapan dan penelanan.
- Membolehkan bayi mengawal jumlah dan kadar susu yang sedang diminum.



Good hygiene, good health

Sterilizing is all about protecting your baby from harmful bacteria until his immune system is strong enough. Poor cleaning of feeding equipment can lead to tummy upsets and diarrhoea. To help you protect your baby, Philips AVENT recommends steam sterilization, which is quick and effective, killing 99.9% of harmful germs.

The Philips AVENT bottle warmers are designed for quick and safe warming of milk or baby food, ensuring an even temperature and no hot spots.

What moms say:

“ I love the fact that this sterilizer is adjustable in size. Whereas many sterilizers are simply too bulky, this one easily fits in my small kitchen. ”
(4-in-1 electric steam sterilizer)

“ I love the fact that it's quick and easy to use and very compact, making it easy to store away and ideal for taking on holiday. ”
(Microwave steam sterilizer)

3-in-1 electric steam steriliser



NEW!



**0%
BPA**

Good hygiene, good health

The easiest way to sterilise. With its adjustable size, the Philips AVENT 3-in-1 electric steam steriliser takes up the least amount of kitchen space yet perfectly fits the items you want to sterilise whether it's a few small items or a full load.

PHILIPS
AVENT
sense and simplicity

Cherish These Moments

Breastfeeding is not solely about nourishing your baby, it is also an intimate moment of bonding that is uniquely shared by you and your baby. This moment of bonding is precious, and yet, it is short as your baby will be grown up before you know it.

Therefore, cherish these treasured moments with your baby. If breastfeeding is a challenge, don't give up – give you and your baby time to practice in getting it right. The effort is worth it. One day, you will look back at these moments and be proud that you have nurtured your baby with the best you can offer him.

If you have any problems with breastfeeding that cannot be overcome with the advice in this book, don't hesitate to talk to your doctor or lactation specialist. You can also consult your local breastfeeding support group for help and advice.



Hargai Saat-Saat Yang Berharga

Penyusuan susu ibu bukan hanya setakat memberi makanan berkhasiat kepada bayi, ia juga adalah saat terjalinnya hubungan rapat, yang dikongsi dengan uniknya oleh anda dan bayi. Tempoh jalinan hubungan kasih sayang ini sangat berharga, malangnya, ia terlalu singkat kerana tanpa anda sedari, bayi anda sudah besar.

Justeru itu, hayatilah saat-saat berharga ini bersama bayi anda. Jika penyusuan susu ibu menjadi satu cabaran, jangan putus asa – berilah masa untuk anda dan bayi berlatih. Usaha ini sangat berbaloi. Suatu hari nanti, anda akan mengenang semula saat-saat ini dan berasa bangga yang anda telah mengasuh bayi anda sebaik mungkin.

Jika anda mempunyai masalah penyusuan susu ibu yang tidak boleh diatasi dengan nasihat yang terdapat di dalam buku ini, jangan teragak-agak untuk berbincang dengan doktor atau pakar laktasi. Anda juga boleh menghubungi kumpulan sokongan penyusuan susu terdekat untuk mendapatkan bantuan dan nasihat.



Nutrition Society of Malaysia

IMPROVING LIVES *through* **NUTRITION**

Objectives & Activities 1:

Promote, advance and disseminate scientific knowledge of food and nutrition

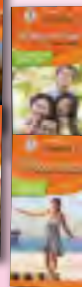
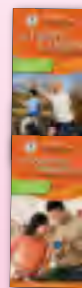
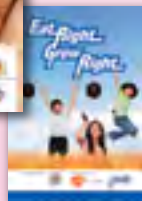
- Organise scientific conferences/seminars
- Publish Malaysian Journal of Nutrition/ Berita NSM
- Consultation with health, regulatory & scientific bodies
- Research on specific community groups



Objectives & Activities 2:

Promote healthy nutrition and active living amongst the community

- Conduct roadshows, exhibitions, talks & workshops for the public
- Implement community nutrition programmes, e.g. Nutrition Month Malaysia, Women@Heart
- Publish educational materials



For more information:

www.nutriweb.org.my

Email: president@nutriweb.org.my



Proud to be most recommended by moms.*



The unique benefit of breastfeeding is something that we take to heart at Philips AVENT. With our Breast Pump Range, we are here to assist mothers today who often have to combine breastfeeding with other activities and responsibilities. To share any experience of your own motherhood or seek advice from other moms, join us at facebook.com/philipsavent.

PHILIPS
AVENT

sense and simplicity

*Based on December 2010 TNS online satisfaction survey conducted among more than 10,000 female users of childcare brands and products in US, UK, France, Germany, Spain, Italy, Netherlands, Poland, Russia and China.

For more information, log on to www.philips.com/AVENT

Customer Care Center: 1800-880-180



Check out our products on iOS now!