

**Taichung Armed Forces General Hospital**  
**Leaflet of Inpatient Nursing Instructions**

**嬰幼兒餵食計畫之護理指導**

Sir/Lady:

Nursing Instructions for Feeding Plans for Infants and Young Children

I. Purpose:

Breastfeeding is important for the development of the child, as well as the health of the mother. We provide a feeding plan to the mother before discharge for use after returning home, in order to reduce the stress on family members who will be caring for the infant.

II. Continuous breastfeeding and the introduction of baby food:

(1) The World Health Organization (WHO) recommends exclusive breastfeeding for the first 6 months, followed by the introduction of appropriate baby food while continuing breastfeeding until the age of two. This has significant benefits for the development and health of both the child and the mother.

(2) The introduction of baby food can be considered after 4 months in the following situations: Decreased milk supply, difficulty with exclusive breastfeeding until 6 months, baby showing signs of dissatisfaction after feeding, or baby showing interest in other food, such as watching adults eat with curiosity or trying to grab food and bring it to the mouth.

III. How to express breast milk: Use hand expression or a breast pump to extract milk from the breast. Hand expression (as shown in Figure 1): Form your fingers into an "OC" shape, with your thumb above the nipple and areola (at the 12 o'clock position) and your index finger below them (at the 6 o'clock position). Use the other fingers to support the breast. Gently press the thumb and index finger inward to the chest wall, but avoid pressing too deeply. Use a rhythmic compressing and squeezing motion from the inside of the breast outwards to express the milk.

IV. Storage duration of breast milk:

(1) Freshly expressed breast milk:

If placed under 25°C: 6-8 hours

If refrigerated (0-4) °C: 5-8days

If in an independent freezing chamber: 3 months

If in a freezer under -20°C: 6-12 months

(2) Breast milk thawed in a refrigerator

If placed under 25°C: 2-4 hours

If refrigerated (0-4) °C: 24days

(3) Breast milk thawed in warm water bath not in a refrigerator

If placed under 25°C: Use right away

If refrigerated (0-4) °C: 4hours

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(4) Breast milk thawed after removal from an independent freezing chamber or a freezer under -20°C cannot be frozen again.

(5) Precautions for storage of breast milk:

1. Store the milk inside the main compartment of the refrigerator, not in the door, to minimize temperature fluctuations caused by opening and closing the door.
2. Immediately refrigerate breast milk that has been expressed, unless used within 1 hour, and label the date and time.

V. Workplace breastfeeding:

(1) Preparation before returning to work: During maternity leave, practice comfortable breastfeeding techniques and establish an adequate milk supply. Start storing breast milk two weeks before the end of maternity leave to build up a milk reserve. Adjust your routine to align with the baby's breastfeeding schedule. When the baby is not nearby, regularly express milk to maintain continuous milk production. After returning to work, you can adopt a routine of pumping during work hours and breastfeeding when you get home to continue breastfeeding.

(2) Helping the baby get used to the bottle: It is recommended to start using a bottle three weeks before returning to work. A caregiver can bottle-feed the baby to help the baby adapt.

(3) Making expressing milk more convenient: Choose a breast pump (tool) that works best for you, along with breastfeeding clothes, an ice bucket (cooler bag), ice packs, and milk storage bags (bottles) to store the expressed breast milk.

(4) Pumping and storage at work:

1. Before returning to work, discuss the baby's feeding plan with your family.
2. Communicate with the baby's caregiver and start learning how to warm breast milk and feed the baby.
3. Prepare a breast milk reserve and store it in a proper place in the refrigerator.
4. Find a place at work that is suitable for breast milk collection.
5. Do not get over tired. Taking appropriate breaks to rest can help ensure smoother milk production.
6. Remember to express milk at least every 4 hours and store it properly in the refrigerator.
7. Remember to bring your expressed milk home after work.
8. Talk to people with experience in breastfeeding and join a working mom support group.

(5) Sucking after work:

Milk production follows the supply and demand principle. Continuously expressing milk helps promote milk secretion. Proper milk expression is also a method to maintain and increase milk production.

(6) Obtain support from supervisor and colleagues:

Share the benefits of breastfeeding with the important people around you, and coordinate with your colleagues at work to arrange time for expressing milk without affecting your job.

VI. Methods to disinfect bottles:

(1) Boiling:

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1. Prepare a dedicated pot, brush, and clean tongs. Separate the bottle, nipple, ring and cap, and wash them thoroughly. First, place the bottle into the water, ensuring that the water covers the bottle. Once the water boils, let it simmer for 10-15 minutes. Then, put the nipple, ring, cap, and tongs in, and boil for another five minutes. Remove and let them air dry.
2. Different bottle materials require different boiling methods. For acrylic bottles, you can wait for the water to boil before placing the bottle in the pot. Glass bottles should be placed in the pot when the water is still cold.
3. Do not rinse the bottle with hot water only.

(2) Steam sterilization:

Place the cleaned bottles upside down in the steam sterilizer, add the appropriate amount of water (about 80mL), and proceed according to the instructions for use.

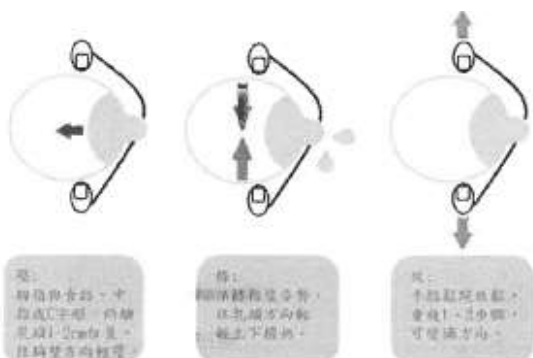
(3) Ultraviolet sterilization:

Place the cleaned bottles and nipples in the sterilizer, and proceed according to the instructions for use.

VII. When you have problems with breastfeeding, please use the following resources to seek assistance:

- (1) This hospital offers a 24-hour breastfeeding consultation hotline: 04-23929703. Please contact the consultation hotline if you have any breastfeeding concerns or need to switch your baby's milk after returning home.
- (2) Breastfeeding support group: This hospital has a breastfeeding support group  
Time: Weekly on Wednesdays at 19:00-21:00  
Venue: Gynecology and Obstetrics outpatient clinic
- (3) Health Promotion Administration pregnancy and maternal care hotline: 0800-870870 (Hug you tightly hug you tightly)
- (4) Health Promotion Administration pregnancy and maternal care website: <https://mammy.hpa.gov.tw>
- (5) Health Promotion Administration pregnancy and maternal care official LINE account: ID: @mammy870870
- (6) Breastfeeding Association of Taiwan, Breastfeeding Association of Taiwan \5\ Republic: FB group

Figure 1. Hand expression



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If you are still unclear about something or have any questions, please contact the nursing station in the ward