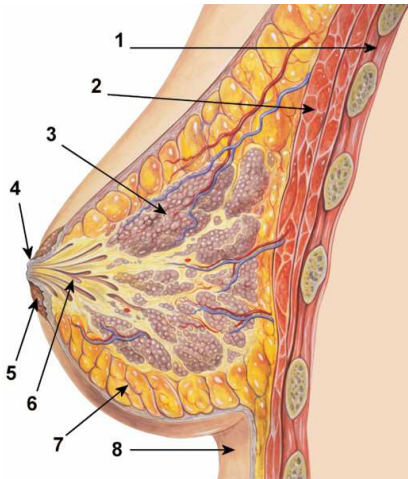


LACTATION VOCABULARY



<http://www.dentalarticles.com/visual/d/breast-anatomy.php#>

LABEL THE PARTS OF A BREAST/ A MAMMARY GLAND:

SKIN

MILK DUCTS/LACTIFEROUS DUCT – thin tubes carry milk from the alveoli toward the dark area of skin in the center of the breast (areola).

THORACIC CAGE – chest cavity

NIPPLE- located in the centre of each breast, delivers milk to a sucking baby

FATTY TISSUE – lipid store, insulates the body, determines the size of a breast

AREOLA -The small darkly pigmented oval of slightly raised tissue which surrounds the nipple of the breast

PECTORALIS MUSCLE - The breast has no muscle tissue. Muscles lie underneath the breasts, separating them from ribs.

LACTIFEROUS ALVEOLI/LOBULES - The clusters of milk producing cells

Watch the video and answer the questions:

<http://www.youtube.com/watch?v=DQj-Mn0c370>

1. What hormones are released into female body while breastfeeding?
(What role do they play?)
2. What are the benefits of breastfeeding for a baby?
3. What are the benefits of breastfeeding for a mother?
4. Discuss the characteristics of breastfeeding positions :

- CRADLE HOLD - POZYCJA KLASYCZNA
 SIDE-LYING HOLD - POZYCJA LEŻĄCA
 CROSS-CRADLE HOLD - POZYCJA KRZYŻOWA
 FOOTBALL HOLD - POZYCJA SPOD PACHY

5. Fill in the gaps:

Your baby is born with the to turn to your nipple with an mouth and suck.
 To trigger this instinct lightly stroke your baby's with your nipple.
 When your baby opens his or her mouth position your for the roof of the mouth and pull him or her close to your

It may take some time for your baby to learn to his or her mouth around the nipple or latch on.
 When properly latched your baby's mouth willyour nipple and most of your areola - the darkened area around your nipple.
 your baby's will curl out and his or herwill touch your breast
 you should smooth and regular sucking along with swallowing
 let your nurse as long as he or she wants.
 many babies nurse eight to times a day.

6. Join the words with Polish equivalent:

Colostrum	pokarm kobiecy
Maternal milk	dokarmianie
Foremilk	odruch wypływu pokarmu
Hindmilk	zapalenie piersi
Suckling/sucking	siara

Breast-Feeding Positions



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Swallowing	pokarm pierwszej fazy
Mastitis	ssanie
Supplementing	połykanie
Let-down	przystawiać
Latch	pokarm drugiej fazy

7. Join the words with the right definition

Antibody, Colostrum, Let down reflex , Prolactin, Mastitis

1. A hormonal reaction to the baby sucking on the breast that causes milk to flow into the breast. May be accompanied by tingling or pain.
2. Milk produced in the first 2 -3 days after the baby is born. It is a yellowish liquid rich in antibodies and higher in protein than the milk that is produced after the milk supply is established.
3. A bacterial infection of the breast most commonly found in breastfeeding women. Accompanied by a painful, enlarged, hard area in the breast and often an area of redness.
4. A hormone that stimulates milk production.
5. A protein that is produced by blood cells to fight infection.

8. Read the text and answer the questions

Colostrum and mature milk

Colostrum is the special milk that is secreted in the first 2–3 days after delivery. It is produced in small amounts, about 40–50 ml on the first day (12), but is all that an infant normally needs at this time. Colostrum is rich in white cells and antibodies, especially sIgA, and it contains a larger percentage of protein, minerals and fat-soluble vitamins (A, E and K) than later milk (2). Vitamin A is important for protection of the eye and for the integrity of epithelial surfaces, and often makes the colostrum yellowish in colour. Colostrum provides important immune protection to an infant when he or she is first exposed to the micro-organisms in the environment, and epidermal growth factor helps to prepare the lining of the intestine to receive the nutrients in milk. It is important that infants receive colostrum, and not other feeds, at this time. Other feeds given before breastfeeding is established are called *prelacteal feeds*. Milk starts to be produced in larger amounts between 2 and 4 days after delivery, making the breasts feel full; the milk is then said to have “come in”. On the third day, an infant is normally taking about 300–400 ml per 24 hours, and on the fifth day 500–800 ml (12). From day 7 to 14, the milk is called *transitional*, and after 2 weeks it is called *mature milk*.

http://whqlibdoc.who.int/publications/2009/9789241597494_eng.pdf

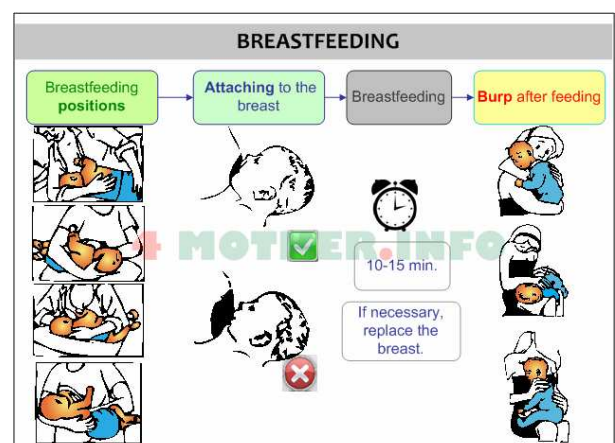
1. What substances does colostrum contain?
2. Why colostrum tends to be yellowish?
3. When is colostrum secreted?
4. How much milk does a baby take on average on the third day?
5. When does milk become “mature”?

9. Discuss the questions:

- How often and how long should the baby be fed?
- Are there any specific food and beverages a breastfeeding woman should avoid?
- What problems may a breastfeeding woman encounter and where can she ask for help?
- Give tips how to breastfeed successfully

10. Writing

Discuss advantages and disadvantages of breastfeeding and bottle-feeding



<http://4mother.info.otrocarije.net/menus/baby/BREASTFEEDING.html>

GLOSSARY:

Breast Fullness – Nawał Mleczny	Dummy/Pacifier - Smoczek
Breastfeeding On Demand –Karmienie Na Żądanie	Bottle Teat – Smoczek Na Butelkę
Counseling- Poradnictwo	Insufficient Milk Supply- Niedobór Pokarmu
Engorgement –Obrzęk Piersi	Rooming-In – „Matka Z Dzieckiem”
Erosion- Nadżerka	Sore Nipples – Bolesne Brodawki
Expression Of Breast Milk – Odciąganie Pokarmu	Tube Feeding – Karmienie Sonda

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