

BFI Crossword Puzzle Questions

Hand Expression

Instructions:

- Healthy Families Public Health Nurses to complete, sign and submit crossword puzzle to their manager by October 14th as evidence of completion of exercise.
- Healthy Families Managers to forward the completed crossword puzzles to Susan Gallagher (1530 Markham Road, 6th Floor) by October 21st for record keeping purposes.
- Answers to the crossword puzzle will be sent out via email the week of October 3.
- Staff may refer to "Breastfeeding Protocols for Health Care Providers", the "Expressing Breast Milk" resource handout for clients, and the "Breastfeeding your Baby" calendar.
- Some answers may be more than one word in length.

ACROSS

1. Expressed breast milk can be stored here for up to 12 months.[2 words]
2. To ensure that all milk ducts are emptied when hand expressing, a mother should _____ the thumb and fingers in different positions.
3. Do not thaw or heat breast milk here.
4. During hand expression, a mother should be encouraged to use a _____ motion to mimic the baby's suck.
5. Do not freeze EBM in these as they may break when frozen.[3 words]
6. Encourage mothers to _____ freshly expressed EBM before adding it to frozen EBM.
7. One technique that will help initiate the letdown or milk ejection reflex.
8. A mother may decide to express breast milk if the baby has difficulty doing this.
9. The speed control feature on an electric pump may help to enhance this in some women.
[2 words]
10. Should all mothers be shown how to hand express breast milk prior to leaving the hospital?

DOWN

1. Where on the breast should you place your thumb and finger when expressing milk by hand?
2. Which breast pumps are not recommended for use?[3 words]
3. Holding baby _____ may help to elicit the let down reflex and assist with the expression of milk.[3 words]
4. What time of day do mothers' breasts usually feel fullest?
5. An advantage of hand pumps is that they are small, light, and easy to _____.
6. What is the first step when expressing milk by hand?[2 words]
7. An indicator to express and store breast milk?
8. What should be done to all breast pump and collection parts after each pumping session for premature or hospitalized babies?
9. What kind of containers are the best choice for freezing EBM?
10. Hand pumps should not be used by mothers who have this syndrome.[2 words]