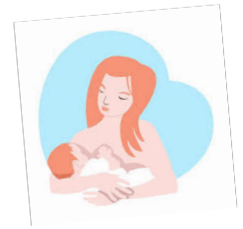


Oketani



Unique Japanese Breast Massage

What is Oketani ?

Oketani Method is an unique breast massage created in Japan by Ms. Sotomi Oketani (1913-2004). This massage is well known in Japan This method is based upon practical breastfeeding theory, but is original in its practice. This breast massage **improves breastmilk secretion**, can prevent and treat problems such as mastitis. In addition, the massage is **painless**, allowing your body to relax and breathe, something very much appreciated by mothers.



Only midwives can learn. It required **specialized knowledge** in anatomy, physiology, and more to perform it.

Without proper education, not only is it effective but it also increases the risk of mastitis. In Japan, midwives take full one year learning this technique.

Who can learn ?

Where to learn ?

This technique can only be learned in **Japan and Bangladesh**. There are over 550 qualified technicians in Japan last 45 years. Over 300 people in Bangladesh who participated Oketani training last 25 years.



More information

- Oketani Lactation Society Japan
+81-03-5291-1020
<https://www.oketani.or.jp/about>
<https://www.oketani.or.jp/asset/file/document/about/oketani>
- Institute of Child and Mother Health (ICMH)
ed@icmh.org.bd , info@icmh.org.bd tel: +88022223342846
- Bangladesh Breastfeeding Foundation (BBF)
oketani@bbf.org.bd, <https://bbf.org.bd/> tel:+8801821998865

