

## Hand Expression

### What May Help:

- Having your baby near
- If you are separated from your baby having a photo or something your baby has worn to smell.
- Massage of the breast and nipple before stimulates your 'let down reflex'



### How to Express Milk by Hand

1. Have a clean sterilised container to hand before you start.
2. Cup your breast and feel back from the end of the nipple to where the texture of your breast feels different.
3. Using your thumb and the rest of your fingers in a C shape, gently squeeze this area - this shouldn't hurt.
4. Release the pressure and then repeat again and again, building up a rhythm. Avoid sliding your fingers over the skin. At first, only drops will appear, but just keep going at it will help build up your supply. With practice and a little more time, milk will flow freely.
5. When the flow slows down, move your fingers round to try a different section of your breast and repeat. When this happens again swap to the other breast. Keep changing breasts until the milk is dripping very slowly or stops altogether.
6. If the milk doesn't flow, try moving your fingers slightly towards the nipple or further away, and try a gentle breast massage.

### Milk can be Stored for Future Use

- Remember to use a sterilised container to put the milk in
- You can store mum's milk in the fridge for up to 5 days at 4°C or lower (usually at the back, never in the door)
- Mum's milk can be stored for 2 weeks in the ice compartment of a fridge or for up to 6 months in a freezer
- Defrost frozen mum's milk in the fridge. Once thawed, use it straight away
- If your baby prefers, you can warm the milk up to body temperature before feeding. Never heat milk in the microwave as it can cause hot spots which can burn your baby's mouth

### How to Recognise your Baby is Getting Enough to Eat

- Breast feeding mums should be able to recognise effective suckling pattern with pauses and swallows
- Wet and dirty nappies
- Settled baby during and after feeds
- Good weight gain

### Remember

Night feeds are needed in the early days to help you make a good milk supply for the next day. As you stimulate more milk making hormone at night.