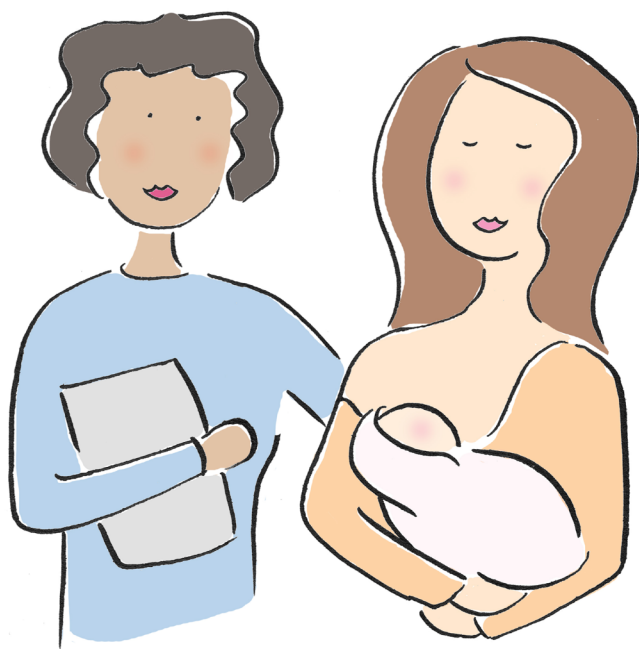


Expressing Breast Milk

How, Why and When?



baby intuition

support at home

The first few days (0-5)

Some premature babies do not develop their sucking reflex until later and may need to go into a Special Care Unit. Midwives will encourage a new mum to hand express the colostrum milk from their breasts by hand expressing into either a small cup or a round end syringe, to enable a mother to provide this special milk to their baby directly into baby's mouth with the round syringe or the baby may like to lap the milk from a cup.

This short video link from **Unicef** has very clear instructions about hand-expressing:

<http://www.unicef.org.uk/babyfriendly/resources/audio-video/hand-expression/>

Some term babies may find it difficult to latch on to mums breast in the early days for a number of reasons. One common reason is, the effort they have to make to arrive into the world. Consequently they may be sleepy, particularly if mum has needed medical pain relief to ease her baby into the world.

Newborn babies really need to receive colostrum as it has precious ingredients in it to protect and strengthen their tummies and kick start their immune system. Hand expressing and lots of skin to skin with baby encourages mums' body to move from producing colostrum to lots of milk (usually around day 3/5 often accompanied by mum's tears).

If baby is not able to latch call a Breastfeeding Counselor to show you different ways to enable your baby to latch, and you may want to use a pump to encourage your milk supply or ease engorgement which can happen at this time too.

Currently the Medela Swing is the most popular and effective with mums, these come in single or double pumps. They can also be hired directly from:

Medela

0161 776 0400

www.medela.co.uk/breastfeeding/products/breast-pumps/swing

Kanari Pharmacy

020 77315587

682-684 Fulham Road, SW6 5SA

£35 for first 2 weeks

£45 for following 35 days

(Delivery dependent on post code)



A little older, day 3-5

Some mums find their milk flows more freely (into a pump) if their baby is right next to them. Maybe ask your partner, doula or your own mum to hold your baby next to you so your hormones are activated as well as the mechanical sucking on the breast. All mums are different which means some have a high milk supply whereby milk flows quickly whilst others have a slower flow. Subsequently expressing may take one mum 15 minutes to have 80 mls and another 40 mins to have 10 mls. This is not necessarily an indication of how much your baby receives during a breastfeed there are other indicators to ease nerves around 'how much':

www.nct.org.uk/parenting/how-can-i-tell-if-my-baby-feeding-well

Your baby's nappies are also an important indicator that your baby is taking in enough milk as this NCT "What's in a nappy" sheet shows:

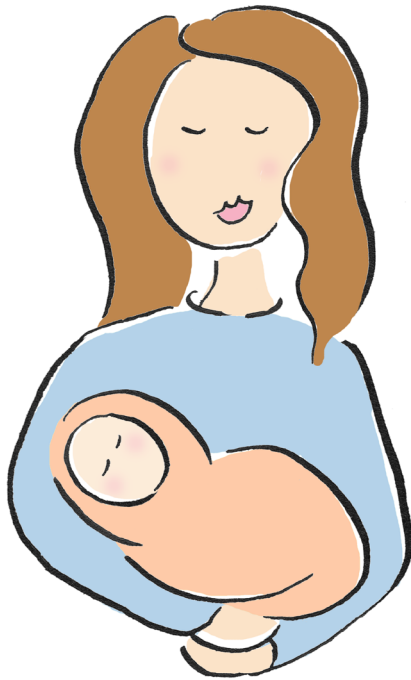
<http://tinyurl.com/nct-what-s-in-a-baby-s-nappy>



Nearly a week old! 5+ days

If possible, avoid introducing a bottle before breast feeding is going well as babies need to learn to use their mouth and jaw in a different way to achieve a good latch for mum and a good milk supply for baby. This article explores how much expressed breast milk a baby needs:

kellymom.com/bf/pumpingmoms/pumping/milkcalc/



When to express

Feeling stressed may hinder your milk from coming in. So pick a quiet time, when you're not rushed. Being as relaxed as possible, can help. Try putting on your favourite music and slowing down your breathing, concentrating on a long, slow out breath. Picture you and your baby somewhere warm and relaxed with your milk flowing freely.

If you are apart from your baby when you're expressing, try to relax and think about them. Keep a photo nearby or a small item of their clothing with you. This will help to stimulate your milk to come in.

Gently massaging your breasts for a few minutes before you start to express will trigger your oxytocin hormone and may help to get your milk flow going. Stroke your breasts downwards toward the nipple to try to stimulate your letdown. Remember to warm your hands up before you start, it should feel good so do be gentle.

Consider using warm flannels on your breasts, or take a warm bath or shower before pumping. The warmth may help to increase the blood supply to your breasts and make expressing easier.

The best time of day to express varies from woman to woman, but breasts often feel fuller first thing in the morning. Look at this website for more details:

www.babycentre.co.uk/x554852/how-can-i-express-more-milk

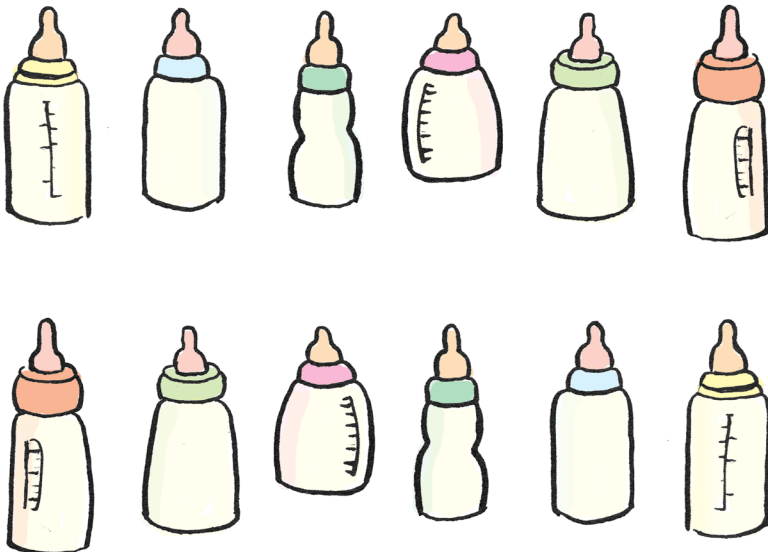
Storing breast milk

The best place to look:

www.breastfeedingnetwork.org.uk/wp-content/pdfs/BFN-Expressing_and_Storing.pdf

The NHS website has a good booklet called 'Off to the best start' go to the bottom of the page and click on the PDF link under 'more info'.

www.nhs.uk/start4life/breastfeeding-feeding-well



Going out for the night or away for a weekend wedding

If you haven't tried expressing before your event comes up, experiment in a relaxed 'it doesn't matter right now' type of way (see previous 'when to express'). Keep a baby bottle in the fridge and add to it as and when you get chance to pump, see link above for storage times.

Some mums want to mix breastfeeding with formula bottle feeding, but do be aware that introducing formula milk will reduce your own milk supply, and may reduce the health benefits of breastfeeding. If not properly prepared, formula milk can cause health problems for your baby, therefore, ensure you know how to make it up safely. Take a look at the following link:

<https://www.nct.org.uk/parenting/mixed-feeding-combining-breast-and-bottle-feeding>



Returning to 'paid' work

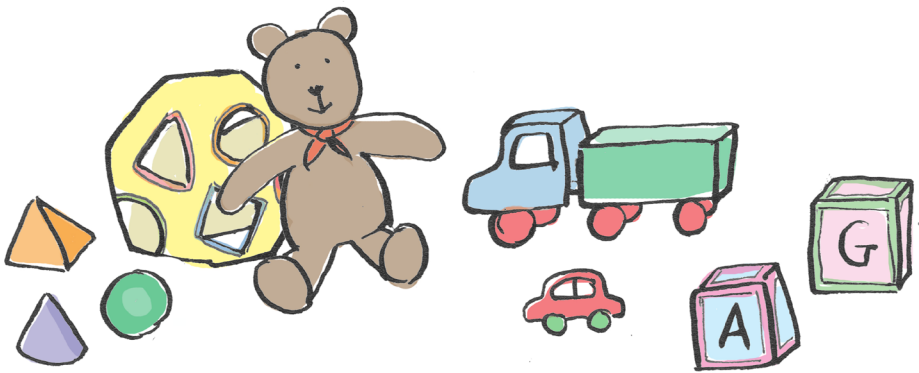
Remember being a mum is working too, but with far more love and fun!

How long you breastfeed for is a personal decision and there can be many factors which can influence your decision. This information sheet by the NCT looks at some of the factors and also covers stopping breastfeeding:

<http://tinyurl.com/nct-facts-about-breastfeeding>

Finally here's a positive article on how women can achieve successful flexible 'paid' working:

<http://www.theguardian.com/women-in-leadership/2016/apr/28/flexible-working-secret-women-success-pay-gap>



About Baby Intuition

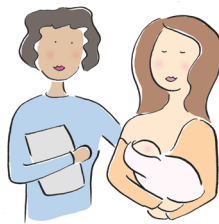
Baby Intuition offers workshops on a one to one basis or group basis on both Expressing Breast Milk and Introducing Solids.

Please email us for more information on a bespoke workshop designed just for you:

julie@babyintuition.com or visit *www.babyintuition.com*



Preparation



Feeding Baby



Bringing Baby Home



baby intuition

support at home