

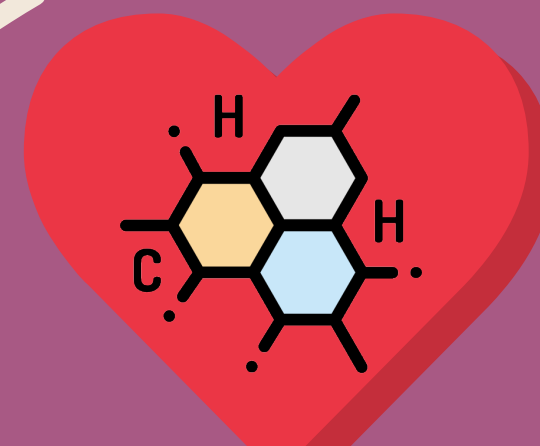
# EXPRESSING BREASTMILK

If your baby is born early or sick, the milk you express is like golden medicine. It is normal to have small drops of this milk called colostrum in the first two or three days. The amount of milk you produce will start to increase from about day three onwards. Your supply will keep increasing over the next two weeks if you follow these tips.

## Top tips

1

Love improves your milk supply. Kisses, cuddles and skin to skin contact increase your milk making hormone oxytocin.



2

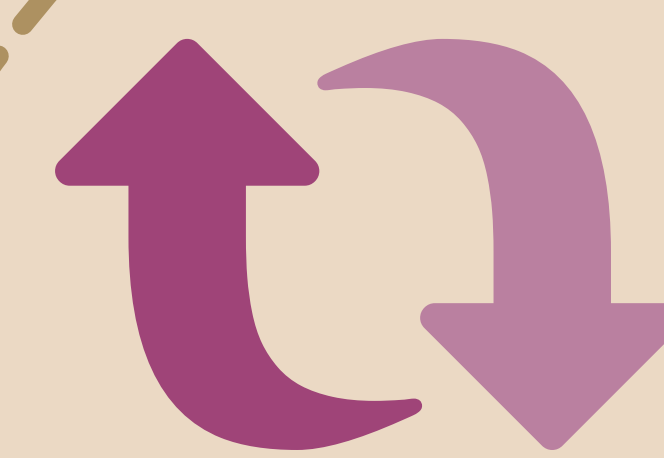
START



Start expressing in the first one to two hours after baby is born, this will prime your milk making cells.



3



The more often you express the more milk you will make, and this milk will contain more fat.

4

Express at least eight times in 24 hours including once at night. You can cluster expressions together but try not to have long gaps.



9

Double pump.



8



Pump from birth to encourage your milk to increase, but hand express as well to collect the colostrum. You may not get milk in the pump until day three or four.

DAY 3

7



From day three your mature milk will start to increase.

6



Express at least once during the night, milk making hormones are highest between 2 and 3am

5



Unfortunately, if you do not express at least eight times in 24 hours you might struggle to get a good supply.

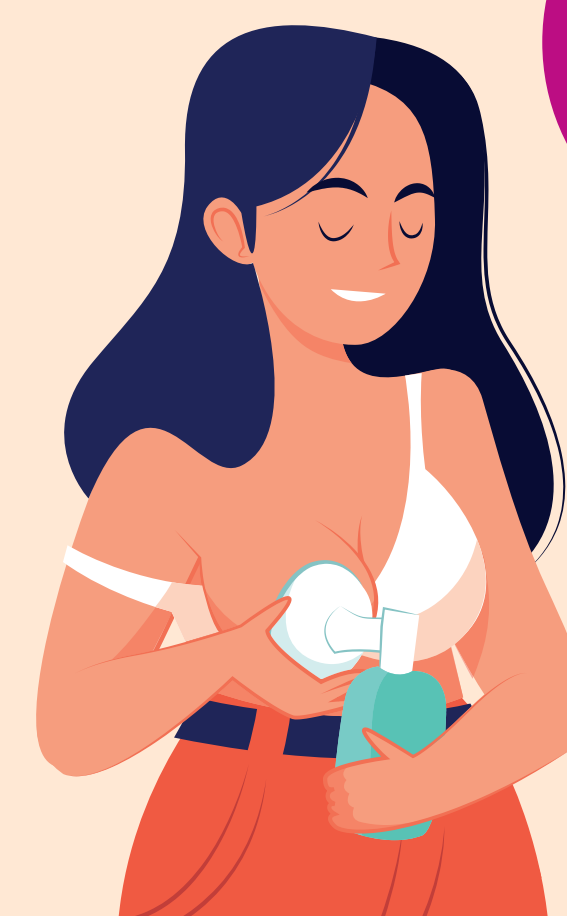
10

Massage your breasts while pumping if milk flow slows down.



11

Stay on the pump until the milk flow stops (usually about 20 minutes).



12



By two weeks you should be getting about 750ml in 24 hours. That is about 40 to 50 ml each breast each time you express.

13



After two weeks, if you have a good supply you can reduce the times you express to six times in 24 hours including once at night.

## HELP

If you are struggling or need help, talk to your nurse or midwife or call the feeding team on 01902 695578