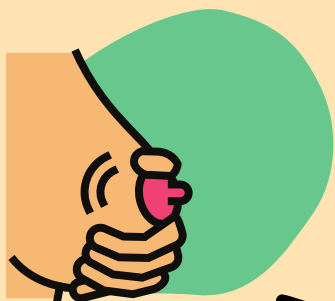


How much milk should I try and express?

This information is for women (and parents) whose baby is **sick or born very early**



What is expressing?

When babies are born sick or early, their mother's (or parent's) own milk is like a medicine for them

If your baby can't breastfeed directly, you will need to get the milk out yourself, using your hands or a pump.

At first you will get very tiny amounts of "milk" (colostrum).

On average it takes 2-3 days for milk to 'come in' (increasing amount)

Expressing early and often helps to bring milk in

Even tiny amounts are really good for your baby

This is called "expressing"



If you want to give your baby **only your milk** for a long time ("exclusive breastfeeding"), then the information below tells you more about how much milk to try and express

Everyone has different challenges with expressing milk. You may find it hard to get a lot of milk and **this isn't your fault**. All the milk you have makes a difference to your baby today

How much milk was expressed?

Chance of giving only breastmilk later

4 days
after birth

3 weeks
after birth

due date

2 months
after due date

250ml +

650ml +

HIGH
9 out of 10

MEDIUM
5 out of 10

50ml - 250ml

250ml - 650ml

MEDIUM
7 out of 10

LOW
1 out of 10

< 50ml

< 250ml

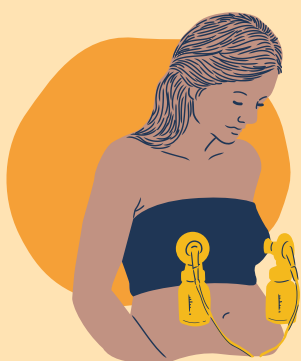
LOW
3 out of 10

LOW
1 out of 10

These are the results of a research study including about 100 people with single babies or twins. Most of them wanted to give only breastmilk later on

How can I express more milk?

Ask your neonatal nurses and infant feeding staff for more help



Spend more time having skin to skin cuddles with your baby. This is important to improve milk supply, as well as having other benefits

Expressing more often is linked to getting more milk. Try to express 8 or more times a day, including once at night

Try to express both breasts at the same time and massage the breasts before you start

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For more information about babies born early or sick, see www.bliss.org.uk



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