

5 Top Tips For...

ESTABLISHING MILK SUPPLY WITH A PUMP

Begin as soon as you can after the birth by hand expressing colostrum!

Express 8-10 times daily (sessions don't have to be evenly spaced) for 10-20 minutes.



Don't look at the amount of milk you express, initially it's all about frequent stimulation to activate the hormones involved in milk production (some people even like to put a sock over the bottle!).

Express next your baby as much as you can, and if you can't then have photos, videos and something that smells of baby to help the hormones flow.

Develop a routine that involves other people to help e.g. someone can wash and sterilise the pump parts for you to share the load or you could even get older siblings involved with helping!

For more information about expressing, check out the information leaflets on our website!