

5 Top Tips For...

EXCLUSIVELY EXPRESSING WHEN YOUR BABY CANNOT BREASTFEED

Use a double pump, it's much quicker and tends to produce more milk volume. Importantly, make sure the pump flanges fit properly.

If possible use a hospital grade pump, many NICUs offer a discount code for hiring a pump so you could ask if that's an option.



Buy or make a hands free pumping bra to enable you to still use your phone, eat biscuits or even cook tea while expressing!

There are lots of DIY hands free bra guides online.

Using a microwave steriliser (either bags or tub) means that the pump parts are dry and warm when you use them.

Set yourself little goals (number of days, weeks, months) and reward yourself with a treat when you reach that goal!

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