

## HAND EXPRESSING, PUMPING, AND STORING BREASTMILK

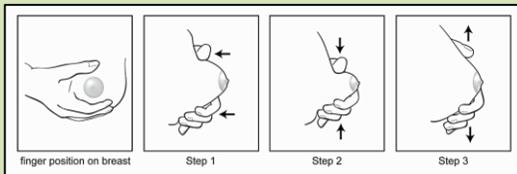
### MASSAGE:

Whether you are hand expressing or pumping, massaging the breast throughout a session is most helpful for milk removal:

1. Place both hands around one breast.
2. Firmly massage with your fingers and thumbs.
3. Massage by making small circles and moving in a circular motion around the breast until you reach the nipple.
4. Also massage up near the armpit where there might be some fullness.

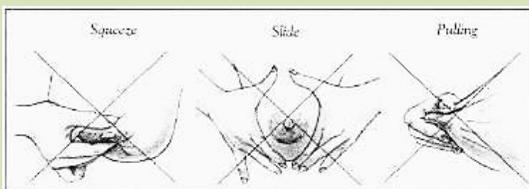
### HAND EXPRESSING BREASTMILK:

Many mothers find they are more successful in milk expression through hand expressing than by using a breast pump.



1. Wash your hands well with soap and warm water.
2. Cup your breast with the palm underneath and the thumb on top.
3. Push your fingers in towards your chest.
4. Squeeze the breast and roll the fingers forward, massaging out some milk.
5. Let the milk spray into a wide-mouth container, such as a bowl. Then, pour into your storage container.

As you continue to express, move your hand around the breast to squeeze on different areas. Milk comes out of the nipple from several openings at once – similar to a showerhead.



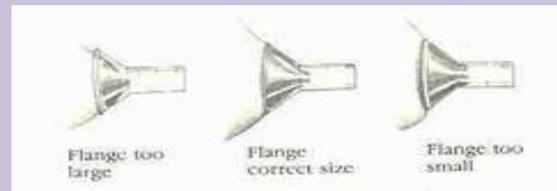
### \*OUR NEXT SUPPORT GROUP MEETING:

We had such a great time making homemade baby wipes at our June support group! Thank you for joining us! We look forward to seeing everyone there on **July 23, 2015 at 5:30pm in the classroom of the Health Department**. We will have food and an activity while we talk and discuss pregnancy and breastfeeding tips!

### PUMPING BREASTMILK:

Relax. Think of your baby (use a picture, or something scented like your baby), and imagine milk flowing out of your breasts. During pumping massage or use warm cloths to get milk moving in the breast.

1. Center the pump funnel ('flange') on the nipple. The flange should be comfortable and your nipple should not be rubbing the edges.
2. Start on a low suction level with quick action to imitate baby's quick sucking at the start of a breastfeeding.
3. Once your milk has let down, and you see it flowing, gradually slow down the speed and increase the suction to the highest level that is comfortable (ex. about 1 second per deep stroke).
4. After pumping, your breast should feel much softer. Many women find that they can hand express after pumping and remove even more milk



Many mothers don't get a lot of milk when they first are learning to express milk. The baby is much more effective at removing milk, so don't be worried when looking at the quantity in the bottle. Be patient with yourself, this is a new skill you are learning. The most important thing to remember is that when it comes to milk production it is the frequency of attempts, not the duration of pumping per attempt that maintains or increases your milk supply and amount of milk pumped. It is best to breastfeed directly when you are near the baby, and pump every 2-3 hours until your milk flow decreases when you are away from the baby. Most women have their largest amount of milk in the breast in the early morning. This is the best time to add a pumping session.

### STORING AND USING BREASTMILK:

Store breastmilk in airtight bottles or storage bags that are labeled with the amount and date. Freeze small portions at a time (2 to 4 ounces—just enough to use it all in one feeding) so the milk thaws quickly, there is less waste, and the baby is not over-fed. Leftover milk from feedings should not be saved. Milk should be used to feed the baby or frozen in the coldest part of the freezer immediately after pumping.

#### Storing breastmilk safely

<b>4-6 hours</b>	in a warm room (79° F)
<b>10 hours</b>	in a cool room (66-72° F)
<b>24 hours</b>	in an insulated cooler with icepack
<b>8 days</b>	in the refrigerator (32-39° F)
<b>2 weeks</b>	in the freezer section of a one-door refrigerator
<b>3 months</b>	in the freezer section of a two-door refrigerator
<b>6-12 months</b>	in a 0° F deep freeze

## UPCOMING EVENTS

### LIVE, LOVE, FEED TOGETHER

#### Breastfeeding Support Group

Laurel Co. Health Dept. Basement Classroom

**JULY 23<sup>th</sup> at 5:30pm**

**AUGUST 27<sup>th</sup> at 5:30pm**

This is a group where you can meet with peer counselors and other soon-to-be and new moms to be encouraged and supported in your breastfeeding journey! Bring your children!

Food and gifts are waiting for you!

PLEASE RSVP ON FACEBOOK: "The Live, Love, Feed Together Mother to Mother Support Group at LCHD"

## HELP US UPDATE OUR RECORDS

### IF YOU JUST HAD YOUR BABY

We would love to come visit with you and your new baby either at St. Joseph, London hospital or the Laurel County Health Department to make sure your breastfeeding is off to a great start!

Call your Breastfeeding Peer Counselor to set up an appointment for a visit.

### IF YOU ARE NOT BREASTFEEDING

We would love to update our files.

Call or email your BF Peer Counselor anytime and leave a message with following information:

- Name
- Reason for no longer breastfeeding
- Duration of breastfeeding

Information in this newsletter can be found at the Laurel County Health Department Peer Counselor Office.



## IF YOU HAVE QUESTIONS ABOUT BREASTFEEDING

### CONTACT YOUR BREASTFEEDING PEER COUNSELOR

Anne M. Grant  
606.682.0367 cell  
AnneM.Grant@KY.gov

Tina I. Stevenson  
606.682.9912 cell  
TinaI.Stevenson@KY.gov

### CONTACT THE BREASTFEEDING COORDINATOR

Carolee B. Epperson  
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