

HAND EXPRESSION IN THE POSTNATAL PERIOD

MORE MILK SOONER

Naida Hawkins

RN IBCLC

Almereau Prollius

MBChB, MMED(O&G | SA), FCOG(SA), FRCSC

From

North Battleford/Saskatoon Saskatchewan, Canada

Email

nhawkins@moremilksooner.com

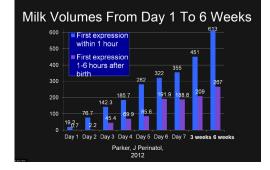
Website

www.moremilksooner.com

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WHERE WE ARE

- Many parents initiate breastfeeding but there is a sharp drop off, of parents who continue to breastfeed 2 months.
- The most common reasons for stopping are sore nipples and not enough milk.
- Both problems can be prevented with the use of early hand expression.
- Breast stimulation in the first hour and first 24 hours after birth is key to establishing good supply.
- Many of our babies are born safely but not up to the task of being the only stimulation that the breasts get.
- When parents are empowered to feed their babies using hand expression, they then have control over stimulation and babies get more colostrum.
- This results in mature milk coming in sooner and with greater quantity, which prevents sore nipples. Babies are less likely to develop jaundice and more likely to start gaining weight sooner.

GOING FORWARD

- Empower all parents prenatally with education about hand expression. This is best done at medical appointments and encouraging moms to attend a prenatal breastfeeding class.
- Send patients to moremilksooner.com and firstdroplets.com

THE POWER OF THE FIRST HOUR

Studies show that if the breasts receive quality breast stimulation through active breastfeeding or hand expression (if baby is too tired or the family is separated) in the first hour after birth they will have 130% more milk at 6 weeks.