

# HAND EXPRESSION IN THE POSTNATAL PERIOD

## MORE MILK SOONER

### Naida Hawkins

RN IBCLC

### Almureau Prolius

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

### From

North Battleford/Saskatoon  
Saskatchewan, Canada

### Email

nhawkins@moremilksooner.com

### Website

www.moremilksooner.com

## SOCIAL MEDIA

### Facebook/Instagram

More Milk Sooner/MoremilkRN

## 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.

Milk Volumes From Day 1 To 6 Weeks

