

# NICU Babies:

## Early, Frequent, Effective Expressing

- EARLY:** Within two hours of birth
- FREQUENT:** 8 to 10 times in 24 hours,  
including at least once at night, with no long gaps
- EFFECTIVE:** By hand and by pump

### Why?

Early, frequent, effective expressing in the first two weeks of life is essential to prime your breasts. It is highly important to 'switch on' all your milk making cells in the first two weeks to ensure optimal long term milk supply.

### How?

- ✓ Ask staff to show you how to hand express (to collect colostrum and high fat milk at the end of a pumping session)
- ✓ Breast pump from day zero (for stimulation initially, and then to collect milk)
- ✓ Ask staff to show you how to use the breast pumps
- ✓ Double pump for more stimulation and more milk (use two kits)
- ✓ We have different funnel sizes if needed
- ✓ Try to stimulate several flows of milk (massage and stimulate between flows)
- ✓ Ensure comfort when expressing – ask for help if it's painful
- ✓ Skin to skin contact where possible – be close to your baby

