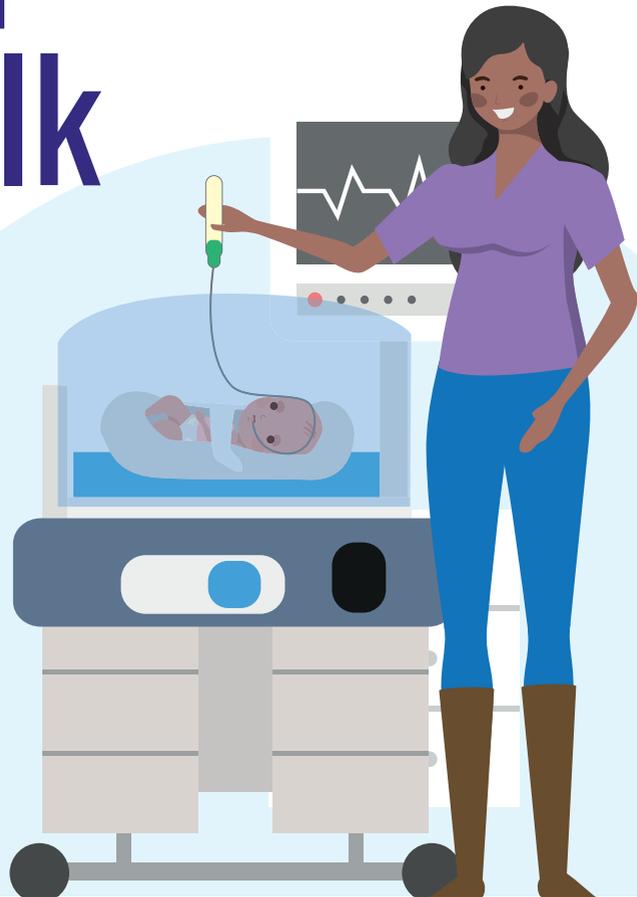


Giving your baby expressed milk



What is expressed milk?

Milk you express out of your breasts to give to your baby in a different way.



Why might your baby need it?

Your first milk is called **colostrum**. It's thick and full of important things that help keep your baby healthy.

Some babies are too small or unwell at the start to drink milk from the breast, so you can express your milk to help feed them, this might be with a small tube or into the inside of your baby's cheek.

When should you start?

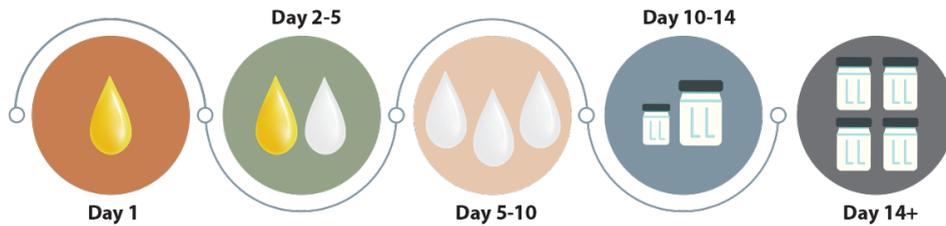
You can start expressing milk as soon as your baby is born—or even before, if your midwife says it's okay.

It's best to try within the first hour after birth. This helps your body make more milk later.



How do you express milk?

At first, you might only get a few drops. That's normal! Every drop is very important for your baby.



You can start by using your hands to express the milk out. This is called **hand expressing**. You will get a colostrum pack to help you do this. As well as hand expressing you can also use an electric pump from the first day to help get more milk out.

Aim to express milk **8 to 12 times a day**, including once during the night. This helps your body make more milk.



Need help?

Ask your midwife or nurse - they are there to help you. You can also scan the QR codes below for more tips on how to express and store your milk.



Your Milk is Medicine

Your milk is special and made just for your baby. It helps your baby as they grow.

[Scan the QR code to view a selection of helpful leaflets](#)



Donor Human Milk & Kinship

Donor human milk is breast milk that another parent gives to a milk bank.

[Scan the QR code to view the information leaflet](#)



Giving Your Baby Expressed Milk

Expressed milk is milk you expressed from your breasts to give to your baby.

[Scan the QR code to watch a selection of videos](#)



24hrs on a Neonatal unit

Follow four parents who had a baby in neonatal care over a 24 hour period.

[Scan the QR code to watch this short animation](#)



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