

## **Expressing to Store Milk**

- If you are expressing to have a supply of breastmilk in reserve in your freezer it is important to wait until you feel confident feeding your baby and feel sure of your supply before you begin with expressing. It will be easier when you are already relaxed with your feeding.
- It's ok to pump a small amount each day and store this in the freezer. When adding milk which is warm and recently pumped ... chill in refrigerator first so that it does not thaw out top layer of milk when you add it to your frozen milk.
- It is common to express a small amount ( eg 30 mls) in about ten minutes.
- Your baby will need about 90 mls of EBM for a feed... this may be made up from three different pumpings. Depending on the time of day the milk was pumped... your milk may look different in colour.
- It is better to store EBM in small amounts ( eg 90 mls) as if your baby does not take the whole bottle in that feed you will need to discard it.
- Pumping Method- hand expressing into a sterilised bowl, manual or single electric pump ( such as a Medela swing)

## **Expressing to Increase Milk Supply**

- Expressing to increase milk supply works on the principle that the more you "feed" the more milk you make.
- Express between feeds .. leave 30-45 mins after your baby finishes feeding then pump ... just for ten mins ... and try not to look down at your breast...just relax and breathe out your milk
- Pumping Method- double electric is essential . Can be rented at pharmacies/ or Medirent ( they will home deliver)

## **Storing Breastmilk-** info from National Health and Medical Research Council- Guidelines for Infant Feeding)

- Freshly pumped breastmilk
  - keeps for 6-8 hours at room temp ( less than 28 degrees cel)
  - 3-5 days in the fridge
  - 3 months in the freeze (where fridge and freezer have separate doors)

## **Thawing Breastmilk**

Remove frozen milk from freezer and thaw in fridge- keeps for 24 hours in fridge

or

Thaw under cold running water then gradually run warm water over the bottle of EBM/ Shake to mix constituents

Do not boil or microwave breastmilk ( this can cause uneven heating and loss of nutrients)