

Why would I express?

Expressing milk helps to build and/or maintain supply if baby is not nursing efficiently at the breast for all feedings.

What are my options for expressing?

There are many options for expressing milk including hand expression, manual pumps, personal electric pumps including hands free options, and hospital grade pumps.

How often should I express?

Breasts should be stimulated and milk removed every three hours. If you are chest/breast feeding, you would express when baby is not nursing.

How long should I pump?

When massaging breasts beforehand and applying the "Hands On Pumping" method, pumping both breasts simultaneously for 20-25min is usually sufficient. Milk is continuously made; we never fully run out!

What if I dont have a pump?

Hand expression is a wonderful and convenient way to express milk. It may take some time to get the hang of it, but some parents find using their hands to be more effective!

Will pumping increase my supply?

Pumps in and of themselves do not increase a supply. How often and thouroughly milk is removed from the breast is what determines the supply.

Helpful Resouces

Lactation Education Resources
Stanford Medicine, *Hands on Pumping*
Northeast Ohio Breastfeeding Medicine,
Breast Massage & Expression
CDC.gov, *Info on milk storage and handling*

Second Nature is available to assist with hand expression support, flange fittings and creating pumping plans

