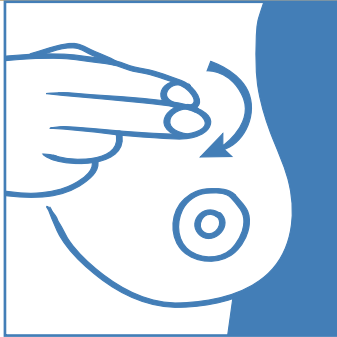
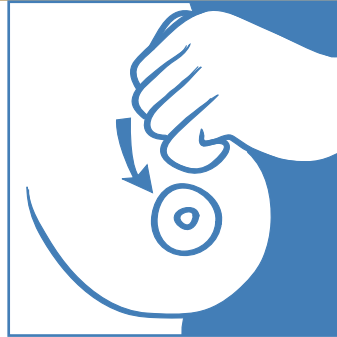


# breast massage to stimulate milk supply

Massaging your breasts after feeding helps to empty them fully which encourages them to produce more milk. It's also helpful to use massage before you feed or express milk as it also stimulates the let down reflex. Follow these simple steps and you should find that it really helps increase your milk supply.



1. Make sure you're relaxed and comfortable before you start. Using two fingers, make circling motions as you work around the whole breast, including underneath. Don't slide your fingers along your breast as this can damage your skin.



2. You can also use your closed fist, rolling it gently over the breast towards the nipple. Avoid using massage oil as the strong aroma can be off putting for your baby.



3. After massaging both breasts, gently roll each nipple between your first finger and thumb. This encourages the release of hormones which stimulate milk production.



**IMPORTANT NOTICE:** Breastfeeding is best for babies and provides many benefits. Infant milks are intended to replace breastmilk when mothers do not breastfeed. It is recommended that infant milks be used only on the advice of an independent doctor, midwife, health visitor, public health nurse, dietitian or pharmacist. Breastfeeding is best begun immediately after birth and the decision not to breastfeed is difficult to reverse. Combined breast and bottlefeeding in the first weeks of life may reduce the supply of your own breastmilk. It is important that, in preparation for and during breastfeeding, you eat a healthy, balanced diet. If you use an infant milk, you should follow the manufacturer's instructions for use carefully. Improper use of an infant milk or inappropriate foods or feeding methods may present a health hazard. The social and financial implications of using an infant milk should be taken into consideration.

Milupa Aptamil, White Horse Business Park, Trowbridge, Wiltshire BA14 0XB

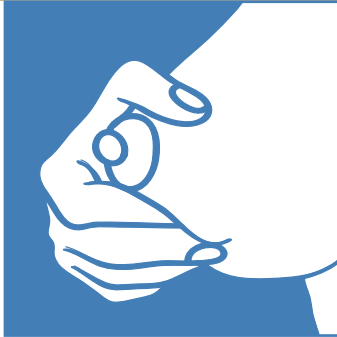
Provided as a service  
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08457 623 628

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# expressing milk

You may need to express milk if you are away from your baby for any length of time or if you are returning to work but want to continue to feed breastmilk. Whichever method you use, it's important to make sure your hands are clean and that all bottles, containers and pump pieces are washed and sterilised. Start by massaging your breasts to encourage the milk to flow.



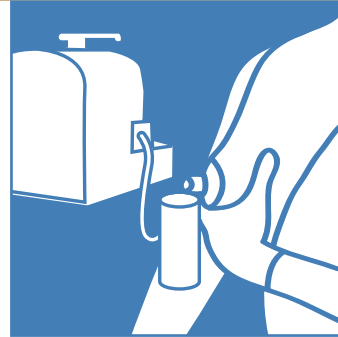
## Hand expression

Place your first finger under the breast, towards the edge of the areola, and your thumb on top of the breast. Keeping your finger and thumb in the same places, gently press backwards and then, maintaining the pressure, push forwards easing the milk towards the nipple. Release the pressure and repeat. You'll need to use a container with a wide opening to collect the milk.



## Hand pumping

These pumps have a funnel which you place over the nipple and areola. Some are operated by a lever and others are run on batteries. Again, it's best to massage your breasts before expressing and then follow the instructions that come with your pump.



## Electric pumps

Fast and easy to use, these pumps are good if you need to express for an extended period, for example if your baby is in the Special Care Baby Unit. It's possible to express 3-8 times a day and you can also pump both breasts at the same time. You can hire electric pumps from the National Childbirth Trust and other breastfeeding organisations. Always follow the manufacturer's instructions carefully.

### Useful

#### contact numbers:

La Leche League UK:

0845 120 2918

National Childbirth Trust:

0870 444 8708