

Collecting Breastmilk

Baby is best at getting milk from your breast.
You can hand express breastmilk or use a breast pump.

Why express your milk?

- ✿ To increase milk supply.
- ✿ To prevent or relieve engorgement.
- ✿ To supply breastmilk for your baby while you are apart.

What to expect?

- ✿ Expect to collect small amounts.
- ✿ ~~When~~ first starting to pump, it is NORMAL to get only a few drops.
- ✿ The more you express, the more milk you will make.

When to express?

- ✿ Begin by expressing once a day.
- ✿ Express about 1 hour after you have nursed the baby.
- ✿ The best time of day to express milk is in the morning.



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Hand Expression

Storing Breastmilk

Tips For Mom And Baby