

## **Express for success**

**E-EARLY** Within 1 hour of birth, then 8-10 times (including once at night) every 24hours.

**X -XPRESS** Firstly by hand, then by electric pump.

**P- PUMP** Both breasts together. Double pumping is quicker and gets more milk.

**R- RELAX** Increased stress levels make it difficult to produce milk.

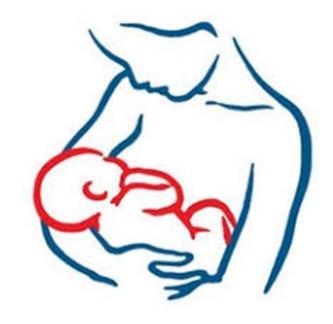
**E- EVERY** Drop counts, everything will be used.

**S- STIMULATE** Let down with breast massage (and using the pump can help)

**S- SUPPORT** There is help available from the nurses, midwives, or the infant feeding team.

**KEEP GOING IF ITS FLOWING!!** 

## Walsall Neonatal Unit Expression Log for Mums





## **Expressing Diary**

Day/	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
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Please feel free to use this as you wish but it is a very helpful tool, to help you on your expressing journey.