

Breast pumps

There are two different kinds of pumps: manual (hand-operated) and electric.

Manual:

- Cheaper.
- May not be as quick as electric.

Electric:

- More costly.
- Strength of the suction can be adjusted to build the intensity slowly.
- Setting the strength too high right away may be painful and may bruise your nipple.

For both manual and electric, be sure to sterilise the reusable items such as the container, parts of the pump and bottles, before use.



This brochure was produced by the National Breastfeeding Coordinating Unit (NBCU) under the Directorate of Women's Health of the Ministry of Health, Trinidad and Tobago.

This series of brochures was developed to assist mothers with any breastfeeding concerns.

Visit the Directorate of Women's Health Website for more information: www.health.gov.tt/womenshealth or speak with a Breastfeeding Counsellor at your nearest health centre or The Breastfeeding Association of Trinidad and Tobago (TBATT):

NWRHA: 623-2954 ext 2823

NCRHA: 662-7153 ext 2144

SWRHA: 225-1813

ERHA: 226-1107

TRHA: 660-4744 ext 3123

TBATT: 468-5412 (Available 24/7)

TTAM-679-8008

TABS-688-7688



National Breastfeeding Coordinating Unit (NBCU)
BREASTFEEDING SUPPORT SERIES

Part 4/7

*How to Express
Breast-milk*
2020



What is expressing milk?

Expressing milk means squeezing milk out of your breasts so that it can be safely stored and fed to your baby at a later date.

What are the benefits of expressing milk?

- If you are away from your baby (work, daycare, etc.), your baby can still be fed your breast-milk.
- Your breast will not be too full or feel uncomfortable.
- Your partner can help with the feeding.
- You can boost your milk supply.
- If there are issues with latching, your baby can still be breastfed.

How do I express breast-milk?

You can express breast-milk by using a breast pump or by hand-expression.

Expressing breast-milk by hand

Hand expression allows you to encourage milk to flow from a particular part of the breast.

If one of the milk ducts in your breast becomes blocked, this may be very useful.

STEP 1:

Before you start, use soap and water to wash your hands, then dry.



STEP 2:

Have a sterilised storage container for the milk (e.g. bottles cleaned with hot water or breast-milk storage bags).



STEP 3:

Feel the breast and identify the ducts. It feels like knots, just behind the areola.



STEP 4:

Cup your breast with one hand, then with the other hand form a "C" shape with your forefinger and thumb.

STEP 5:

Gently press fingers back towards your chest and then press thumb and fingers towards each other, keeping your finger and breast a few centimeters away from your nipple. Do not squeeze the nipple itself, it will become sore.



STEP 6:

Release the pressure, then repeat. Build a rhythm. Try not to slide your fingers over the skin. Repeat in a clockwise direction around the breast until you get all the ducts.



Drops should start to appear at first, then your milk will start to flow.

If no drops appear, try moving your finger and thumb slightly but still avoid squeezing the areola.

When the flow slows down, move your fingers to a different section of the breast and repeat.

Keep changing breasts until your milk drips very slowly or stops altogether.