

# INSTRUCTIONS AND CONTENTS



## small colostrum collectors

BEST USED IN FIRST EXPRESSION SESSIONS

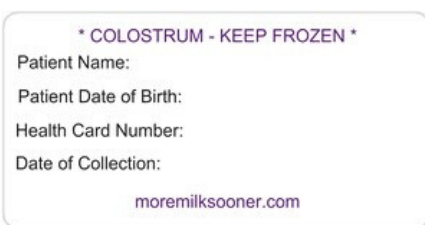
The amount of colostrum you collect will be unique to you and any amount is an amount worth celebrating! If you are getting drops use these to suck the beads of colostrum of your nipples.



## large colostrum collectors

BEST USED WHEN YOU HAVE MORE COLSOTRUM

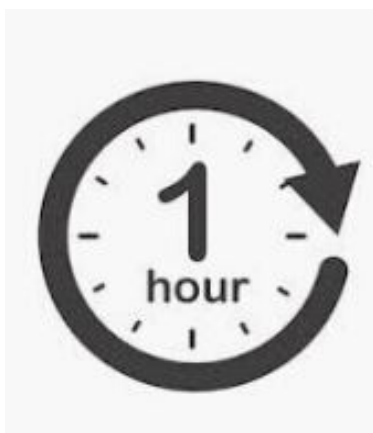
Once colostrum is dripping more easily start to use these containers



## labels and ziploc bags

FOR WHEN YOU ARE AWAY FROM BABY

Fill out 2 labels, place one on your colostrum collector and put the colostrum collector in the bag and then label the bag. Freeze colostrum if you are far away from your baby and will not be able to get it to the NICU. Refrigerate if you are close and able to get it to the NICU.



## aim to express in the first hour after birth

WHEN POSSIBLE

The sooner hand expression happens after birth the more milk will be made and sooner it will come in. If you are getting this kit after this time has past do not worry, just start as soon as possible. Alternate breasts every 1 minute for 15 minutes



## add in pumping at 6 hours

WHEN POSSIBLE

Add pumping in 6 hours after birth. Pump 15 minutes/side using "hands on pumping" (compressing breasts with hands while pumping) finish every pumping session with 5 mins hand expression. If you cannot pump continue with hand expression! Aim for 6 times in first 24 hours

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## **Do hand expression of breasts as soon as possible after birth.**

Do Hand Expression of your breasts for 15 minutes and collect what you are able to harvest. It is not about the amount you collect but the stimulation that tells the body to make more milk sooner!

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## **Every 2-3 hours ongoing.**

If your baby was with you they would need to practice feeding every 2-3 hours. Your breasts need this stimulation to make **MORE MILK SOONER!** Around 6 hours after birth add in pumping.

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## **Do Hands On Pumping.**

Hands on pumping is compressing your breasts with your hands while pumping. Pump for 15 minutes and then do 5 minutes of hand expression at the end of pumping. Families who do hands on pumping collect more milk that is higher in fat than if they only pumped. See the website for videos

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## **Pump at least once through the night.**

Your milk making hormone is the highest in the night. Hands on pump/hand express once through the night.

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## **It is not about the volume. It is about the message!**

Do not get discouraged when you collect very little! It is the stimulation of the breasts that will allow you to have more milk sooner. Usually by day 3 families are able to celebrate more milk.