

MORE MILK SOONER

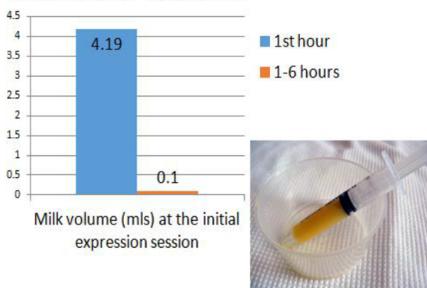
INFORMATION FOR NICU FAMILIES



THE DIFFERENCE IS IN THE FIRST HOUR AFTER BIRTH

THE POWER HOUR OF BREASTFEEDING!

Mothers get more milk if they express in the first hour after birth



THE BASICS OF MAKING MILK

AFTER BIRTH

Your breasts need stimulation in the first hour after birth to make more milk sooner. For families whose babies go to the NICU this means doing hand expression. Hand expression is using your hands to compress your breasts to stimulate them and gather colostrum.

ONCE YOUR MILK IS IN

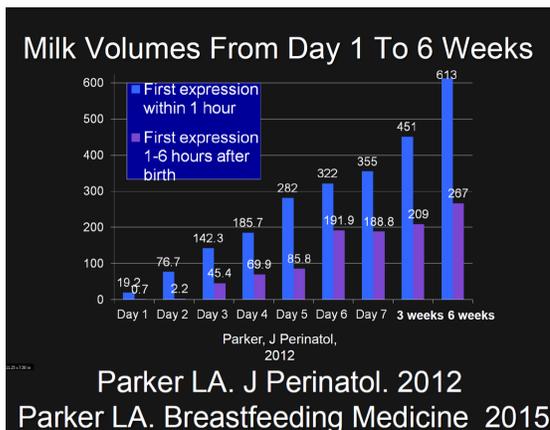
Once your "milk is in" frequent removal is important. try to avoid feeling too full. When your breasts feel too full for too long they send a message to the brain to make less milk.

WHAT IF HAND EXPRESSION IN THE FIRST HOUR IS NOT POSSIBLE?

If it is not possible to express milk in the first hour, do not worry! The first goal is a healthy family. If you do not get full milk production it is likely due to not being able to do this in the first hour and not you "not trying hard enough." Do as much as you can as soon as you can. Be kind to yourself. Any breastmilk you are able to provide your baby is a huge gift!

MILK IS WHAT YOU CAN CONTROL

Families often talk about how they felt like nothing was in their control when baby came early. Milk production is in your control and is one of the most important parts of your baby's care



FAMILIES WHO DID HAND EXPRESSION IN THE FIRST HOUR, AFTER BIRTH VS THE SECOND TO SIXTH HOUR, COLLECTED MORE COLOSTRUM, HAD THEIR MILK COME IN SOONER AND HAD 130% MORE MILK AT 6 WEEKS!

PHOTO CREDIT DR JANE MORTON

YOUR BODY KNOWS BABY CAME EARLY!

The milk that the breasts make will be specific to your baby's needs. It is much different than milk made by the breasts for older babies. It is higher in iron to help fight off infections and higher in fat to help your baby grow!

WHY IT'S SO IMPORTANT

Often families do not know the importance of milk production in the first hour/hours after birth and think they can start later. In order to have more milk sooner you must work at it from hour one after birth, or as close to it as possible.

Words for NICU Families from NICU Families

YOU ARE DOING GREAT!

INVOLVE YOUR PARTNER/SUPPORT PERSON

Parents really appreciate when both parents help with hand expression. Kaylyn says, "I cant stress enough the importance of having your partner learn the process of hand expression and even helping too. We had far more success that way. Plus as a tired new momma, it was so nice to have an extra set of hands. Literally!"

IT IS HARD BUT SO NECESSARY

Brynn shares, "When your baby is in the NICU, that is the only place the Mama wants to be . It will be so hard to leave your baby to take time to express but it is absolutely vital to do this!" You may not have to leave you baby but you do need to prioritize expressing.

CELEBRATE YOUR SUCCESS

Ashley says "there is values in whatever you are able to do for as long as you are able to do it" So many parents say "I am not making enough milk" rather than being amazed at what they are making!

CONTROL WHAT YOU CAN

Cherish says "when my baby was taken to the NICU my husband and I looked at each other and started hand expression. It is what made it so we could breastfeed!"

INVOLVE YOUR BABY

Nicole says "Pumping beside baby was huge for us, seeing him and eventually hearing him cry and then when he was medically able, holding him while pumping allowed for much more milk than I got when pumping away from baby." If you have to be away from baby, take a video of your baby and watch it while pumping

Prepared with the help of families by More Milk Sooner
moremilksooner.com

