

Important information for new mothers

PUMPING

Manual breast pumping is a simple basic self-help technique that, if practiced early, may prevent or resolve a series of common breast problems.

Hand pumping is the easiest choice and can be particularly useful in the immediate post-natal period. All new mothers should learn how to pump manually, even when there are no specific problems.

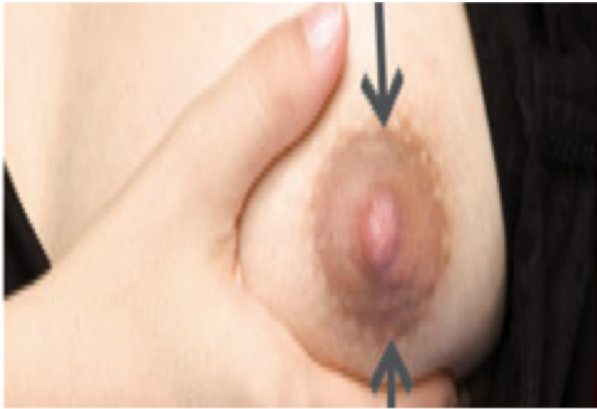
Manually pumping helps mothers to:

- understand how breastfeeding works
- build up confidence in her own ability to produce milk
- produce some drops of colostrum/milk which can help encourage the baby to feed

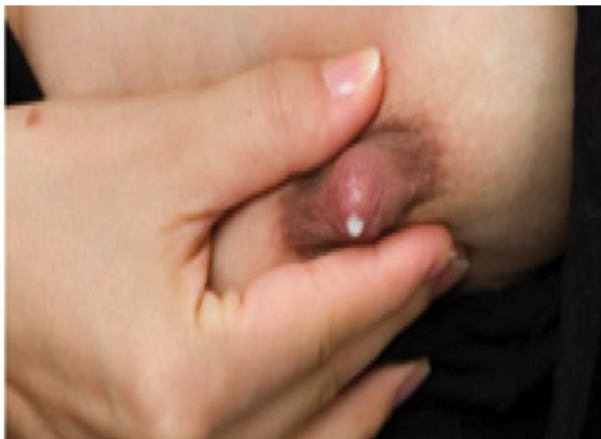
Where necessary, remember that:

- **Manual pumping must be carried out at least eight times a day**
- **Manually pump your breast throughout the period you breast feed for, specially when the breast is sore and hard to the touch**

BEFORE STARTING, WASH YOUR HANDS, GET INTO A COMFORTABLE POSITION AND MAKE SURE YOU HAVE CLEAN CONTAINERS TO HAND



Look for the milk ducts which appear as a chain of peas near the areola.
Place your hand in a C-shape and pull back to empty them



Push towards the nipple taking care not to squash it with your fingers
MILK WILL BE DISCHARGED
You may need to repeat this step for several minutes before you see any milk

WHEN YOU NOTICE A DROP IN FLOW, OR WHEN THE MILK STARTS TO COME OUT IN SMALL DROPS OR STOPS COMPLETELY, CHANGE THE POSITION OF YOUR HAND AROUND THE AREOLA IN ORDER TO STIMULATE ALL THE DUCTS

