

Appendix 2 – 34-week Leaflet: Provided bilingually in Accordance to HDUHB Policy

Preparing for feeding your baby - Before the birth?



Colostrum is a mother's important first milk for her baby. It has important immunity and protective factors and is the perfect food for a new baby. Some babies have a tricky start to feeding; having a small store of mum's colostrum ready can help baby in the first 24 hours after the birth

You can begin **antenatal expressing** colostrum at around 36 weeks. This can be particularly useful for women with diabetes, multiple birth or if early birth/ Caesarian section is expected or planned. **Your midwife will show you how to hand express using a breast model**



You can hand express about 2-3 times a day for about 5-10 minutes



Initially don't expect to see more than a glisten on the nipple, this may be followed by a little drop before you get a drip! Some women don't see much or any colostrum & that's fine too – just getting your breasts ready can be helpful for helping your milk to "come in" around day 3 after the birth

Helping your milk to flow
Gentle breast massage, Apply warmth or express after shower or bath



warm

How to hand express

Wash your hands
Place your thumb & finger at the base of your nipple and then move them back about 2-3cm. Gently compress and release - build up a rhythm but avoid sliding your fingers on your skin in case it makes you sore. Move your fingers around your breast to express all areas and then move to the other breast



Collecting your milk

Your midwife will help you get started with some special little syringes. You collect the drops in the syringe each time you express in 24 hours – keep the syringe in the fridge in between and then store in the freezer.



NAME _____
Hosp. No. _____
Pt. DOB _____ Date _____

Storing & Labelling your milk
Name, your date of birth and the date the milk was expressed. When taken out of the freezer, store in the fridge and use within about 24 hours



Going in to have your baby 😊

Bring your frozen colostrum in a cool bag with a cool block inside. Ask the midwife to store this in the ward milk fridge or freezer depending when your baby is expected to be born



Very occasionally expressing may stimulate mild contractions. If these occur each time you express, stop expressing and discuss with your midwife for further guidance

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