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What do I need to do?

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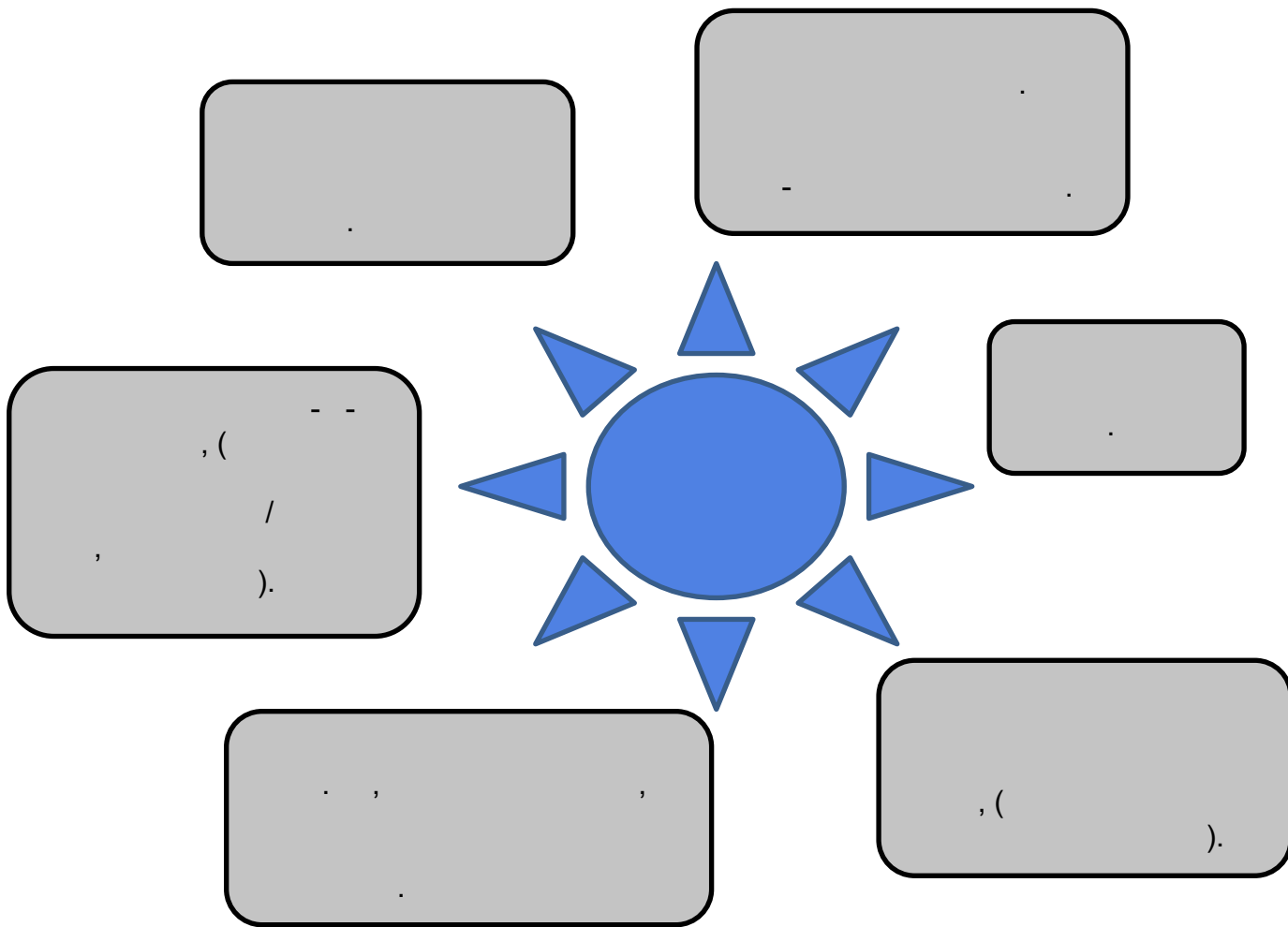
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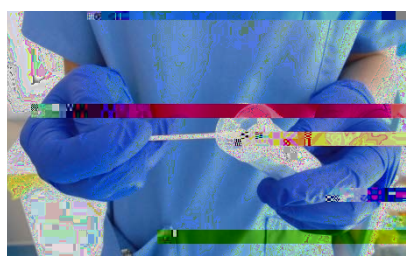
Colostrum



Breast milk

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Why do I need to label my expressed breast milk (EBM)?

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Why is this so important?

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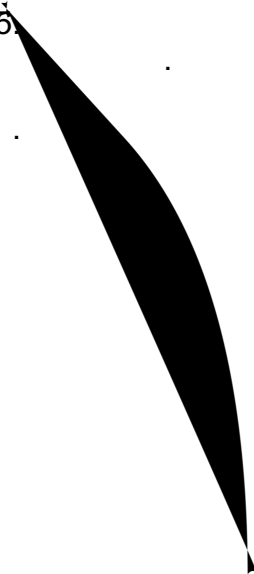
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Step-by-step instructions

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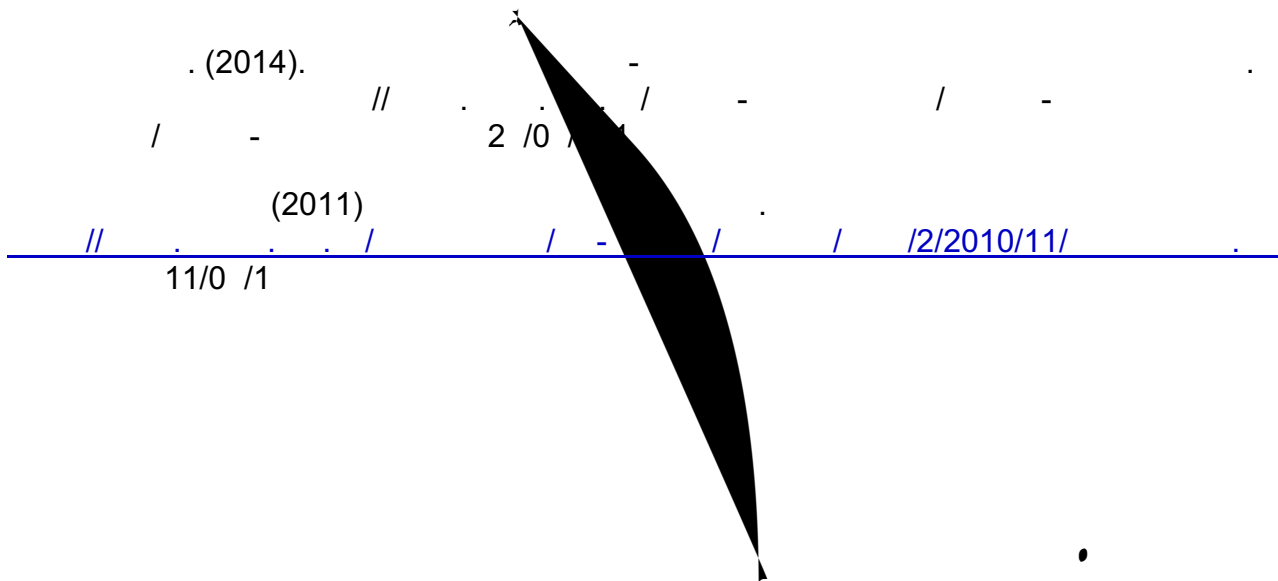
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If any responses in the right hand column are ticked refer to specialist practitioner. Any date and sign when you have completed the assessments.

Mother's name:	Baby's name:	Date of assessment:	Birth weight:
	Date of birth:		Gestation:
What to observe/ask about	Answer indicating effective expressing	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Frequency of expression	At least 8-10 times in 24 hours including once during the night.	<input type="checkbox"/>	Fewer than 8 times, including no night expression.
Timings of expressions	Timings work around her lifestyle - if cluster expressing, no 4 hours (daytime) and 6 hours (night).	<input type="checkbox"/>	Frequent long gaps between expressions, difficulty fitting in 8 expressions in 24 hours.
Stimulating milk	Use of breast massage, relaxation, skin contact and/or being close to baby. Photos or items of baby clothing to help stimulate oxytocin.	<input type="checkbox"/>	Difficulty eliciting a milk ejection reflex. Stressed and anxious.
*Hand expression	*Confidence in technique. Appropriate leaflet/information provided.	<input type="checkbox"/>	Technique observed, not confident.
Using a breast pump	Access to electric pump. Effective technique including suction settings, correct breast shield fit. Double pumping (or drainage. Uses massage and/or breast compression to increase flow).	<input type="checkbox"/>	Confidence about technique. Suction setting too high/low, restricting expression length, breast shield too
Breast condition	Mother reports breast fullness prior to expression which softens.	<input type="checkbox"/>	Boasts hard and painful to touch. Evidence of friction or trauma to nipples.
Milk flow	Good milk flow. Pre-dreasts red, soft after expression.	<input type="checkbox"/>	Milk flow delayed and slow. Drests remain full after expression.
Milk volumes	Gradual increases in 24 hr volume at each assessment.	<input type="checkbox"/>	Milk volumes slow to increase or

Hand expression may not need to be reviewed every time