

Freedom to Express™

A step by step guide to expressing...

Helpful tips

Expressing means removing milk from the breast either by hand or using a breast pump. The milk can then be stored and used another time.

A good time to express is in the morning when your breasts are full. Looking at a picture of your baby may help.

To prolong breastfeeding, the majority of feeds need to be breastfeeds.

Wait to express until the baby is 4-6 weeks old (unless advised otherwise by your healthcare professional).

Sterilise all breastfeeding equipment before each use.

What should I do if I am going back to work?

Start building up a supply of expressed breast milk slowly over a few weeks. Once back at work, continue to express both at home and at work. Ensure your baby is fed from the breast whenever possible. Employers are duty bound to provide mothers with time and a place to express.

What should I look for in a breast pump?

Choose one which is easy to assemble and clean, with good instructions. Manual pumps are more discreet and less expensive. Some breast pumps come with milk storage containers.

Storing Breast Milk

Store in the fridge (max 24 hrs) or freezer (max 3 months) in a sterile, labelled, airtight container.

Thaw in the fridge or by standing the bottle in lukewarm water. Do not microwave it.

Do not re-freeze thawed milk.

Shake to remix thoroughly before feeding.

Throw away any left-over milk after a feed.



Wash hands, find a comfortable position and relax.

Gently massage the breast including the nipple area (diagram 1).

Collect your milk in a sterile container.

Expressing manually

Cup the breast with the hand, placing the thumb just above the nipple (diagram 2).

Compress and release the nipple until milk begins to flow (diagram 3).

Express for 5 minutes on each breast. Then go back and repeat again.

Expressing using a pump

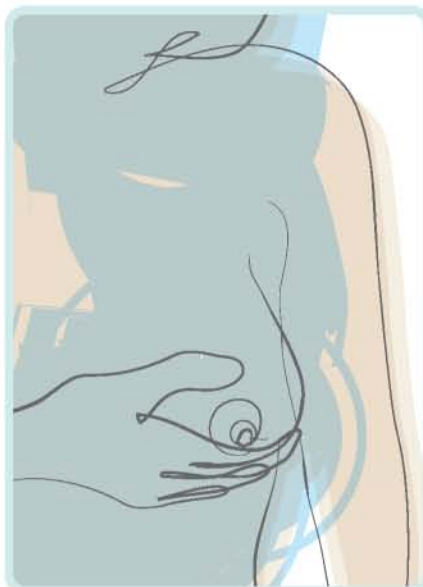
Follow the instructions in the pack.

Start to express slowly at first, ensuring that the pump is in the correct position and is comfortable (diagram 4).

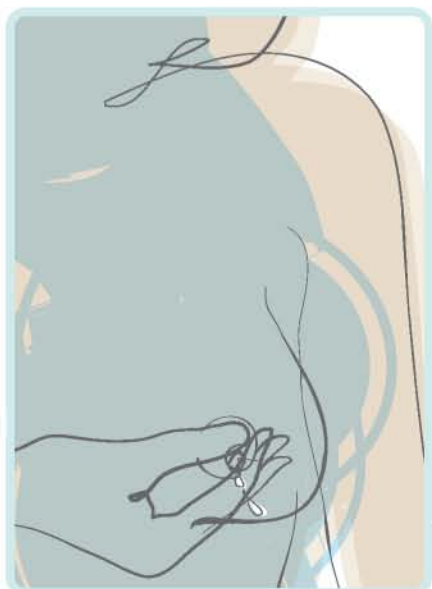
Pump for 5 minutes on each breast, or until milk flow stops. Repeat the cycle again on both breasts.



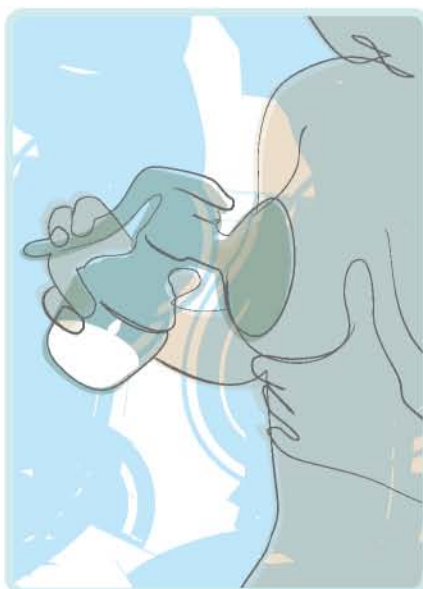
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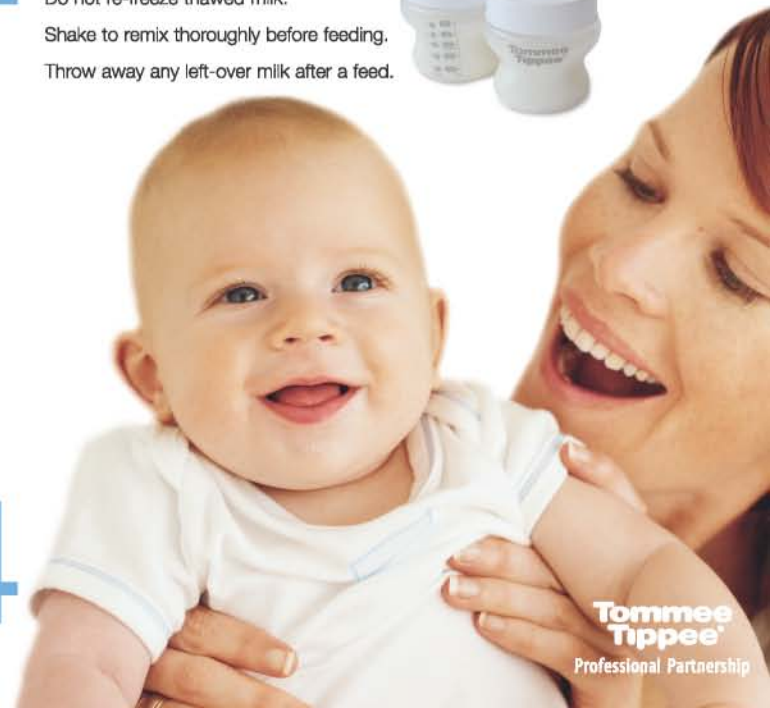


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Tommee Tippee is offering a 25% discount on its Closer to Nature Freedom Breast Pump when ordered online. Visit www.tommeeippee.co.uk and quote discount code PP01 when ordering.



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