

Express for success

E- EARLY Within 1 hour of birth, then 8-10 times (including once at night) every 24hours.

X -XPRESS Firstly by hand, then by electric pump.

P- PUMP Both breasts together. Double pumping is quicker and gets more milk.

R- RELAX Increased stress levels make it difficult to produce milk.

E- EVERY Drop counts, everything will be used.

S- STIMULATE Let down with breast massage (and using the pump can help)

S- SUPPORT There is help available from the nurses, midwives, or the infant feeding team.

KEEP GOING IF ITS FLOWING!!



Walsall Neonatal Unit

Expression Log for Mums



Expressing Diary

Day/ Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
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22.00														
23.00														
Total														

Please feel free to use this as you wish but it is a very helpful tool, to help you on your expressing journey .