



NUTRITION TIPS

Hand Expressing Breast Milk.

The Low - Tech Approach

Expressing milk with the hand works very well for some women because it helps to relieve full breast and avoid problems with engorgement. You don't need to express milk regularly because your breasts are more responsive to the feel of hand expression than to plastic pump parts. Position your hand on your breast, with the thumb above and fingers underneath, about an inch to an inch - and - a - half behind the



nipple.

The trick to hand expression is discovering where to position your fingers, so experiment until you find the right spot. Massage first, then express.

How to Fit Expressing Into your Work Schedule.



There are as many solutions to combining working and breast feeding, as there are women who are doing it. Inquire from other women in your workplace who have expressed milk for their babies, about the problems they

encountered and how they solved them. If you run into obstacles, look for solutions.

Expressing is not your only option. You can breast feed your baby at the caregiver's during lunch break. You can work part time hours for a few months, so that you won't need to express often. With a baby in your life, you will need to find creative ways to get your work done while also mothering your baby.

Can't Express Enough Milk

When you cannot express enough milk, don't panic. As a new mother, you may have tried to express to start stock piling milk for your return to work and have managed to pump only a half - ounce or even less. Your body does not respond to expressing the way it responds to your sweet, lovely baby. Expressing more often will help your breasts produce more milk than expressing longer. Make sure you drink a lot of water.

How to Express More Milk.

Express as often as your baby nurse, usually

every 3 hours. Add an extra expressing session in the early morning, when you have the most milk. If you are not expressing as much milk as you once did, check your technique. Try expressing from one breast while baby nurses at the other. Wear two -piece outfits with easy access to your breasts. Try using a footstool or some thick books to raise your knees, so that you can rest the collecting bottle on your laps as you lean forward. If expressing is not going well, stop and rest, then try again but whatever happens, don't give up.



► For more information on child nutrition

Visit the Olu Akinkugbe
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