



NUTRITION TIPS

Manual or Electric Breast Pump

All breast pumps work on the same principle of suction, which is used to draw milk from the breast into a container. The only differences are how much suction the pump produces, or how many suction - and - release cycles the pump is able to produce each minute. Breast pumps are one - user items. It is not a good idea to purchase a used breast milk pump, whether from a sales outlet or an online action.



Pumping Your Milk: A step by step Guide.

All the pieces for your breast pump may initially look intimidating, but it is not difficult to learn how to use a breast pump. Just follow the instructions, using the manual. Sit in a comfortable chair, next to the table upon which the pump will be placed. Have a storage container handy for the milk. Relax and breathe deeply.



Tips for Better Pumping.

Pumping milk is a skill, just like breast feeding your baby. Here are some tips to help stimulate

your milk ejection reflex and make pumping more convenient. Get your equipment ready in the same way each time, use your mental tricks to relax, and pump. Follow a set routine for pumping; the place, the chair, the beverage as this routine conditions your milk ejection reflex. To minimize distractions while pumping, try using a personal tape player and head phones and enjoy your favourite music.

Breast Milk: How to pump and store it.

Learning how to pump and store breast milk can make returning to work easier and less stressful. It is normal, for pumped milk to vary in colour, consistency and scent depending on your diet. Begin to pump to store milk 1 to 2 weeks before returning to work. Many employed mothers use the fresh milk they pump at work for feedings the next day. Pumped breast milk should be cooled in a refrigerator or frozen if you are not using it right away. Stored milk separates into layers. Cream will rise to the top. Gently swirl

the warmed bottle to mix the milk layers together. Wash your hands well with soap and water. Freeze in small portions in the coldest section of your freezer. Thaw milk overnight in the refrigerator or hold the bottle under warm running water to quickly thaw. Do not refreeze. Don't use hot water to thaw breast milk. Don't microwave breast milk.



► For more information on child nutrition

Visit the Olu Akinkugbe
Child Nutrition Centre

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Visiting Hours:

10:00 am - 12noon and 2:00pm - 3:30pm
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