

You can stimulate colostrum production before your baby is born – Antenatal Hand Expression

- This is especially helpful if you have diabetes, are anticipating a complicated birth, or separation from your baby.
- You can start at 36-37 weeks. You could express daily after your shower for about five minutes. If you express more frequently you will provide more stimulation.
- You can discuss this with your Lead Maternity Carer.
- You will continue to make colostrum until approximately the third day after your baby has been born, when it will begin changing into milk.

Other times when hand-expressing may be helpful

- If your baby has difficulty latching or feeding well.
- To relieve breast fullness.
- To remove more milk to increase milk production.
- When using a breast pump, hand expression before and after will increase milk production.
- If you are going to be separated from your baby.

53 Commercial Road, Helensville
Phone (09) 420 8747 www.birthingcentre.co.nz
Email bookings@helensvillebirthingcentre.co.nz