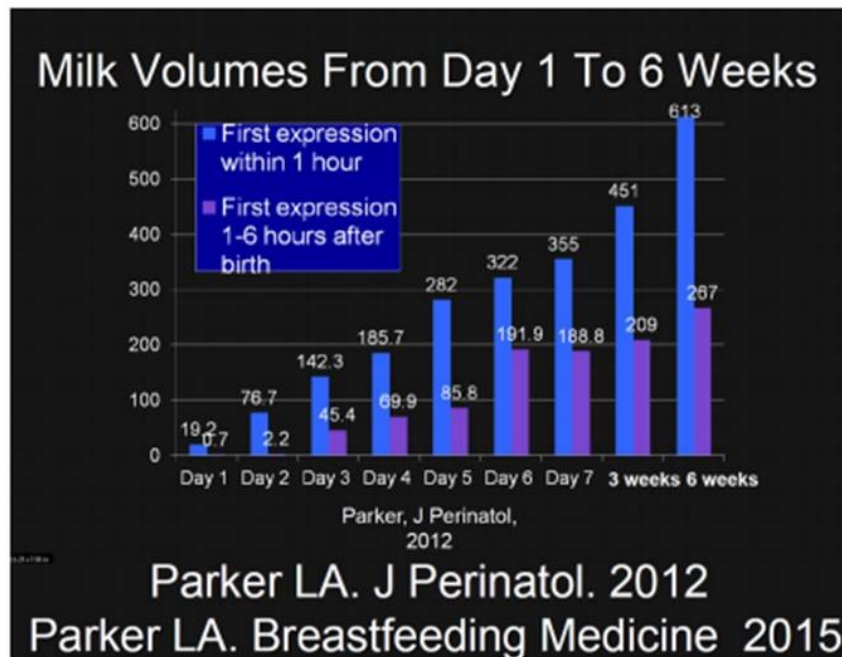




TEN STEP TUESDAY

# Milk Expression in the First Hour

It's Ten Step Tuesday!



## Did you know?

Mothers of VLBW neonates who initiate milk expression in the first hour:

- collect more colostrum at the start
- had their mature milk come in sooner, and
- had 130% more milk at 6 weeks postpartum

compared to those who initiate milk expression between 1 and 6 hours after delivery.

The establishment of milk production is incredibly time-sensitive! And dependent on very early, frequent, and effective colostrum removal for subsequent production. Thank you for getting our NICU mamas expressing their milk as soon as possible after delivery!

## References:

- Parker LA, Sullivan S, Krueger C, Mueller M. Association of Timing of Initiation of Breast- milk Expression on Milk Volume and Timing of Lactogenesis Stage II Among Mothers of Very Low-Birth-Weight Infants Breastfeeding Medi- cine. 2015, 10(2): 84-91
- Parker LA, Sullivan S, Krueger C, Mueller M. Association of Timing of Initiation of Breast- milk Expression on Milk Volume and Timing of Lactogenesis Stage II Among Mothers of Very Low-Birth-Weight Infants Breastfeeding Medi- cine. 2015, 10(2): 84-91
- Morton J. Hands-on or hands-off when first milk matters most? Breastfeeding Med. 2019;14(5):295-297.

For more information contact

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