

Expressing and storing breastmilk

If you are returning to work or will be away from your baby during breastfeeds, expressing your milk means you can continue to give them all the benefits of breastmilk when you're not around. It also allows your partner or other family members to give you a hand in feeding your baby.

We have included the three main methods of expressing milk in our downloadable guide, available at www.apamil.co.uk. There is a brief introduction to each method, as well as important guidance on storing your expressed milk to help you keep it safe and free from bacteria.

Expressing can take a little while to get used to; the key is take your time and try to stay relaxed.



If you have any questions about expressing your milk, or need some help from mums who've experienced it themselves, our team are here to help – give them a call on **08457 623 628**, Monday to Friday, 8am - 8pm, or speak to them online, instantly, via Live Chat , Monday to Friday, 9am - 5pm.

We've also got other downloadable guides at www.apamil.co.uk, that you may find helpful, you can learn more about stimulating your milk supply, sterilising feeding equipment and preparing a bottlefeed.