

Expressing Self-Assessment Form

If you find yourself needing to express to increase your milk supply, please reach out to your local health visiting team for support with breastfeeding and an evolving care plan. Visit <https://surreychildandfamily.co.uk/breastfeeding-support-clinics/cs> to find your nearest local support group and/or call on: **0300 247 0025**.

How to get expressing off to a good start	Strategies to maximise your breast milk supply	Self-assessment	
Frequency of expressing	Ideally a minimum of 8 times in 24 hours, including once overnight. Minimise long gaps.		
Timings of expressing	Timings – work around lifestyle. Post feed can work well. Consider some short gaps when you have support to help achieve this goal.		
Power pumping	Power pumping once per day can be a good mechanism to increasing milk supply, refer to included literature for how to do this.		
Stimulating milk ejection	Use breast massage, relax – deep breathing exercises, skin contact and/or being close to baby. Photos or items of baby clothing to stimulate the flow of milk.		
Using breast pump	Make sure you have correct fitting flange, set setting for comfort, double pump if you can or switch breasts every 5 minute if using a single pump. Pump for no longer than 20 minutes and or until milk ceases. Better to increase frequency in 24 hours than duration. Use massage and or breast compressions to increase flow.		
Hand expression	Make sure you are familiar with the correct technique visit link for videohttps://youtu.be/K0zVCwdJZw0 Can be a great tool to use at the end of the feed and or when you are struggling to fit in a express with a pump.		
Breast condition	Soreness and any cracks/breaks in the skin could be an indication that the pumping is causing trauma. Consider flange size and suction settings. Reach out to your local Health Visiting team and/or breastfeeding group for further support.		
Milk volume	Milk volume should gradually increase, sometime covering the bottles with a sock can help you focus less on this and increase flow. If you find that things are not improving access support from your local Health Visiting team and/or breastfeeding groups.		

(Adapted: Unicef (2023) [Assessment-of-breastmilk-expression-checklist-2023.pdf](#))