How to Hand Express

1. Press your fingers into your breast, towards your chest wall
2. Compress your thumb and fingers together, drawing slightly towards the nipple (do not slide your fingers along your skin)
3. Release the pressure and relax your hand – repeat every 2-3 hours for at least 10 minutes

The Benefits of Breastfeeding

- Easy to digest
- Food that is made especially for baby
- Protects against infections
- Lowers risk of a life-threatening infection called NEC (necrotizing enterocolitis)
- Lowers risk of allergies, asthma, diabetes, & childhood cancers
- Lowers risk of breast cancer and ovarian cancer in mother

Bonding Hearts-getting to know your baby

A mother’s scent is uniquely calming to their baby. It is the smell of home. Your scent will help your baby in brain growth, pain-relief, feeding preparation and so much more. Wear this cloth heart close to your heart, where it will pick up your scent and the scent of your milk. We will place this heart next to your baby.

Sharing the heart: Share this heart between you and your baby. This heart will pick up your baby’s scent too. By wearing this close to you, it will help you with bonding, breastmilk production, and will help your milk make protective factors specific to your baby

Worth the Wait

We believe in the power of your milk

Children's Hospital of UC Davis

Additional resources:
- http://www.ucdmc.ucdavis.edu/education/breastfeeding/home
- https://med.stanford.edu/newborns/professional/education/breastfeeding.html
- http://www.medelabreastfeedingus.com/instruction-manuals
- https://health.ucsd.edu/specialties/obgyn/maternity/NEWBORN/NICU/SPHN/press/edu/mededu/08/04/0380/MPEC1.4.18

Educational Videos

- Making Enough Milk: The Key to Successful Breastfeeding…Planning for Day One
  - English – 906
  - Spanish – 907

- Breastfeeding: A Guide to Getting Started
  - Spanish – 603
  - English – 911

- A Preemie Needs His Mother
  - Spanish – 016
  - English – 808

To access these videos:
1. In NICU Quiet Room, turn on television to Channel 31 or 32
2. Using phone, dial 37038 to Command 31 or 32
3. Follow prompts and enter video code