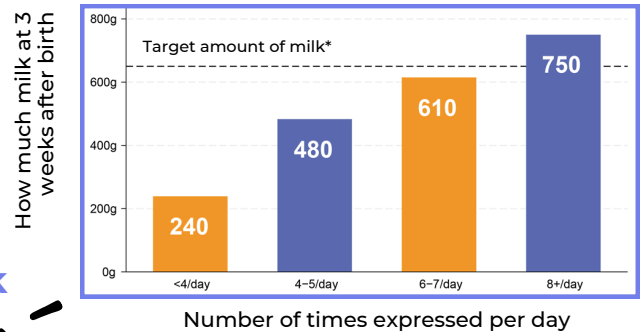


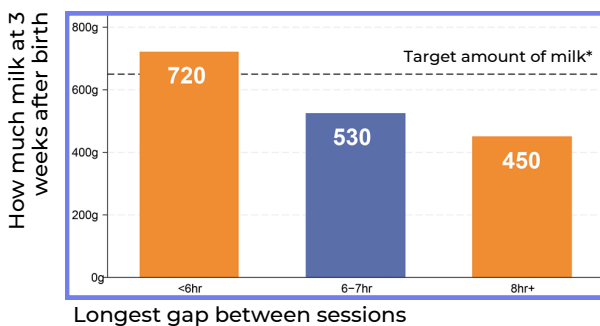
How often to express milk?

when babies are born sick or early and can't breastfeed

Expressing more often is linked to getting more milk



Longer gaps between expressing sessions are linked to getting less milk



Expressing at night is needed so there isn't a long gap between sessions

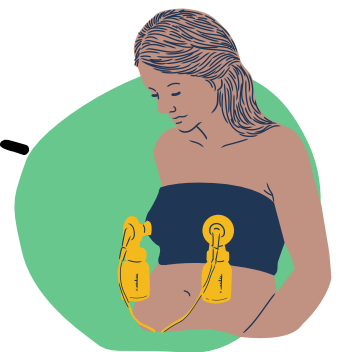
The exact timing of night expression was not linked to the amount of milk

Can we individualise our advice?

Although expressing pattern was important, it only explained about 20% of the differences in milk quantity between people

This means that for many other reasons, some people expressed frequently and got a small amount and some people expressed less frequently and got a large amount

The biggest factor linked to being able to express less frequently and still get a large amount was having breastfed a baby for more than six months in the past



Key Messages

- Expressing 8 or more times per day, and leaving a longest gap of less than 6 hours, is linked to getting a 'target' amount of milk*, on average
- Some people might be able to express less often and still get a good amount of milk. Those who've breastfed before are more likely to be in this group
- Few people who express under 6 times per day get a 'target' amount of milk*

*The target amount of milk was set because it is linked to a high chance of later exclusive breastmilk feeding

The full research results described in this poster can be found here: <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0307522>