

# Tips und Tricks


## INCREASE OXYTOCIN

The bonding hormone is important for milk production. The body's own release of oxytocin is promoted by:

- Looking at your baby. You can pump in front of your child or look at a video or photo of your child.
- Smelling your child. If you are not pumping in front of your child, take a cloth with you that has been lying with your child.
- Gently massaging your breasts and stimulating your nipple.
- Applying heat to your breast.

## BALANCED DIET AND REDUCING STRESS

It is important that you are well. This includes getting enough sleep, eating a balanced diet and drinking enough. You can have whatever you feel like eating. You are really doing a lot for your child, no matter how much breast milk you have. Don't hesitate to talk about your problems or to ask any questions you may have.



**A special pumping bra, a nursing bra or an old sports bra with holes cut in it will help you to keep your hands free while pumping.**

## Every drop helps!

Thank you for providing breast milk for your child. You really do a lot by doing this, and every drop is precious. But why is breast milk so important and what is the best way to supply it for your child? We answer these and other questions about breast milk here and in the app.



# Breast Milk Production

INITIATION AND  
MAINTENANCE OF LACTATION



[www.neo-milk.de](http://www.neo-milk.de)



# Properties of colostrum and breast milk

## COLOSTRUM

This is the milk that can already be produced during pregnancy (from the 16th week) and that you can obtain in the first two days of your child's life. In the beginning, it is often only a few but extremely valuable drops that can be obtained (1-20ml). Colostrum is rich in proteins and nutrients. Furthermore, it contains white blood cells that protect against infections. Colostrum is important to protect the colon and build up the immune system.

## BREAST MILK

refers to the transition milk and the mature breast milk. The amount of your breast milk **14 days** after delivery should be **500 ml in 24 hours**.

Breast Milk:

- prevents diseases
- strengthens the child's immune system
- promotes brain development
- provides a faster nutrition build-up and promotes the well-being of your child

The transition from colostrum to mature breast milk occurs during the initial swelling of the mammary glands. This happens between the first **two to four days** after birth. Your breasts will feel firmer and fuller. They may become warmer, and you may feel weak. It is important to keep pumping regularly now. Warming before and cooling after pumping, as well as breast massages, will help you feel better during this time.

# Breast Milk Production

IF YOU ARE NOT YET ABLE TO BREASTFEED YOUR CHILD BUT WOULD LIKE TO PROVIDE HIM/HER WITH YOUR BREAST MILK.

	in the first two days after delivery	in the first two days after delivery	FROM THE 14TH DAY AFTER DELIVERY WITH A CONSTANT MILK QUANTITY OF AT LEAST 500ML IN 24 HOURS
<b>WHAT TO DO?</b>	Manual breast emptying to collect the colostrum plus double-sided pumping	Double-sided pumping	Double-sided pumping
<b>Optionally additionally</b>	Breast massage before and/or during pumping	Breast massage before and/or during pumping	Manual breast emptying plus double-sided pumping
<b>How often?</b>	Start within the first 6 hours after delivery at the latest, then 8-10 times within 24 hours, including 1-2 times at night	-10 times within 24 hours, including 1-2 times at night	At least 6 times within 24 hours

Your breast milk production happens according to the principle of "supply and demand". So, if more is pumped out, more is produced. If less milk is expressed, less milk is produced.

Cuddling with skin contact (naked breast and naked baby) on/at your breast is important for you and your baby. It calms both of you and promotes your milk production.

It is important that you feel comfortable and do not experience any pain when producing milk.

