

Expressing Breast Milk for your baby on the Neonatal Unit

The QR codes below are videos and websites for information to support and help you on your expressing journey.



Early Expression and Buccal Colostrum

Scan the QR Code for a short video on the importance of early expression and the benefits of buccal Colostrum.



Hand Expressing

Scan the QR Code for a video on Hand Expressing, demonstrations of this technique are available from the staff caring for your baby.



The importance of relationship building with your newborn

Scan the QR code for a video to the UNICEF website explaining the importance of relationship building with your newborn.



Skin to Skin

Scan the QR Code for a short video on the importance of skin to skin with your newborn.



Cherubs Breast Feeding Support

Scan the QR code for the contact information of Cheshire easts breastfeeding support group.