

From: The Royal Women's Hospital, Melbourne, Australia Breastfeeding Guidelines 2004, p. 12, developed by a multidisciplinary team of health professionals including Heather Harris (IBCLC), Dr. Lisa Amir (IBCLC), Dr. Julie Quinliven, Dr. Inez Rio, Dr. Helen McLachlan, Dr. Sue Jacobs, Ms. Jan Comfoot, BESS Staff, and Team Midwives.

“Recent research has indicated however that teaching mothers the technique of hand expressing while still pregnant can increase their confidence. In cases when separation of mother and baby after birth is anticipated, expressing and storing small amounts of **colostrum** from 36 weeks gestation may be done if breast manipulation is not medically contraindicated (Oscroft 2001).

Reservations about the potential for inducing labour if the breasts and nipples are stimulated do not appear to be substantiated in studies of healthy uncompromised pregnancies (Kadar, Tapp et al. 1990; Crowley 2002). Some of this frozen expressed milk may then be used if the baby is not able to breastfeed or requires complementary / supplementary feeding (Hunt 2002).”

References

Crowley,P. (2002) ‘Interventions for preventing or improving the outcome of delivery at or beyond term. Cochrane Database of Systemic Reviews(3).

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Oscroft,R.(2001). ‘Antenatal **expression** of **colostrum**.’ The Practising Midwife **4**(4): 32-35.