

## RESOURCES

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- <http://ammehjelpen.no/handmelking?id=907> 1.5 minute video demonstrating hand expression. Scroll down the page for the English version.
- <http://bfmedneo.com/our-services/breast-massage/>
- <http://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html> 7.5 minute video showing another method of hand expression
- <http://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html> 9.5 minute video showing Hand-on-Pumping developed by Dr. Jane Morton (massage while pumping)
- <http://kellymom.com/bf/pumpingmoms/pumping/bf-links-excpumping> numerous links to online resources for mothers who exclusively pump
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## RESOURCES—CONTINUED

[https://www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm?fbclid=IwAR212XVLFZBUntbjHFvqhQbc04dL2G9Xxf5iC\\_WkfszPRkSDLEYq7L04WQ](https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm?fbclid=IwAR212XVLFZBUntbjHFvqhQbc04dL2G9Xxf5iC_WkfszPRkSDLEYq7L04WQ) Safe storage guidelines for expressed breastmilk.

[https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html?fbclid=IwAR2a4JnCNdb--N57NioG37kp-XKwc7zCN-b\\_Rd-NFaFsg5COj1FamB0PyWQ](https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html?fbclid=IwAR2a4JnCNdb--N57NioG37kp-XKwc7zCN-b_Rd-NFaFsg5COj1FamB0PyWQ) Essentials of how to keep the breast pump kit clean.

<https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/cleansanitize.html> How to clean, sanitize and store infant feeding items.

<https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/science-behind-recommendations.html> Science behind the recommendations for cleaning breast pump kits.

<https://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/BreastPumps/ucm061950.htm> How to clean a breast pump and its parts.

### **Groups where mothers can get peer-support from other pumping mothers:**

<https://www.facebook.com/groups/EP.BWN/> (Exclusive Pumping: Breastfeeding without Nursing Closed Group)

“This group is for Exclusively Pumping women (or women bodied people) who feed their child(ren), surrogate children, or donate breastmilk by the exclusive use or a breastpump/hand expression and are unable, or choose not to nurse baby directly at the breast. This is a private group for those who are interested in pumping support and education without having to view direct feed/nursing advice. Exclusive pumpers who supplement with formula or other milk substitutes are welcome here.”

<https://www.facebook.com/groups/1886227681699988/> (Exclusively Pumping Moms Lactation Support Closed Group)

“A place to ask questions, seek help, help others, share your pumping story, brag on your stash, and be surrounded by moms like you - who PUMP!”

<https://www.facebook.com/exclusivepumping> (Exclusively Pumping Mamas PAGE--not Group)

“Information and support for the exclusively pumping mamas!”

<https://www.facebook.com/exclusivelypumpingmom> (Exclusively Pumping Mom PAGE--not Group)

“Community to support mom’s decision to pump by discussing information and asking questions.”