

MANUAL EXPRESSION OF BREAST MILK MARMET TECHNIQUE

The Marmet Technique of manual expression and assisting the milk ejection reflex (MER) has worked for thousands of mothers—in a way that nothing has before. Even experienced breastfeeding mothers who have been able to hand express will find that this method produces more milk. Mothers who have previously been able to express only a small amount, or none at all, get excellent results with this technique.

TECHNIQUE IS IMPORTANT

When watching manual expression, the correct milking motion is difficult to see. In this case the hand is quicker than the eye. Consequently, many mothers have found manual expression difficult—even after watching a demonstration or reading a brief description. Milk can be expressed when using less effective methods of hand expression. However, when used on a frequent and regular basis, other methods can easily lead to damaged breast tissue, bruised breasts, and even skin burns.

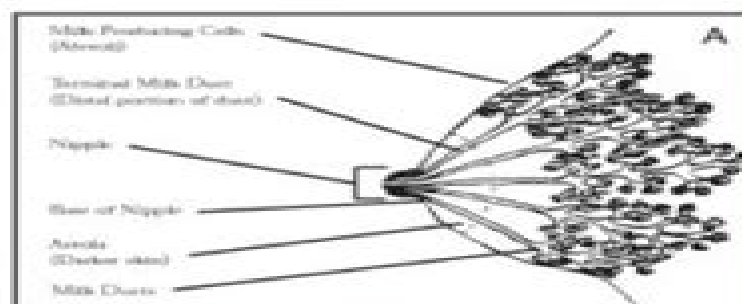
The Marmet Technique of Manual Expression was developed by a mother who needed to express her milk over an extended period of time for medical reasons. She found that her milk ejection reflex did not work as well as when her baby breastfed, so she also developed a method of massage and stimulation to assist this reflex. The key to the success of this technique is the combination of the method of expression and this massage.

This technique is effective and should not cause problems. It can easily be learned by following this step by step guide. As with any manual skill, practice is important.

ADVANTAGES

There are many advantages to manual expression over mechanical methods of milking the breasts:

- Some mechanical pumps cause discomfort and are ineffective.
- Many mothers are more comfortable with manual expression because it is more natural.
- Skin-to-skin contact is more stimulating than the feel of a plastic shield, so manual expression usually allows for an easier milk ejection reflex.
- It's convenient.
- It's ecologically superior.
- It's portable. How can a mother forget her hands?
- Best of all it's free.



HOW THE BREAST WORKS

The milk is produced in milk-producing cells (alveoli). When the milk-producing cells are stimulated, they expel milk into the duct system (milk ejection reflex).

A small portion of the milk may flow down the ducts and collect in the milk ducts under the areola known as terminal ducts (distal portion of lactiferous ducts).

EXPRESSING THE MILK

Draining the Terminal Milk Ducts

1. **Position** the thumb and first two fingers on the breast about 1" to 1 1/2" (2.5 to 3.75 cm) behind the base of the nipple.



- Use this measurement, which is not necessarily the outer edge of the areola, as a guide. The areola varies in size from one woman to another.
- Place the thumb pad above the nipple at the 12 o'clock position and the finger pads below the nipple at the 6 o'clock position forming the letter "C" with the hand, as shown. This is a resting position.

Manual Expression Lactation

Tao Wei



Manual Expression Lactation:

Counseling the Nursing Mother Judith Lauwers, Debbie Shinskie, 2004-04 Lactation Breastfeeding *Manual of Neonatal Care* John P. Cloherty, Eric C. Eichenwald, Anne R. Hansen, Ann R. Stark, 2012-01-05 This edition of the Manual of Neonatal Care has been completely updated and extensively revised to reflect the changes in fetal perinatal and neonatal care that have occurred since the sixth edition This portable text covers current and practical approaches to evaluation and management of conditions encountered in the fetus and the newborn as practiced in high volume clinical services that include contemporary prenatal and postnatal care of infants with routine as well as complex medical and surgical problems Written by expert authors from the Harvard Program in Neonatology and other major neonatology programs across the United States the manual s outline format gives readers rapid access to large amounts of valuable information quickly The Children s Hospital Boston Neonatology Program at Harvard has grown to include 57 attending neonatologists and 18 fellows who care for more than 28 000 newborns delivered annually The book also includes the popular appendices on topics such as common NICU medication guidelines the effects of maternal drugs on the fetus and the use of maternal medications during lactation Plus there are intubation sedation guidelines and a guide to neonatal resuscitation on the inside covers that provide crucial information in a quick and easy format Cloherty and Stark's Manual of Neonatal Care Anne R. Hansen, Ann R. Stark, Eric C. Eichenwald, Camilla R. Martin, 2022-09-01 Practical informative and easy to read Cloherty and Stark s Manual of Neonatal Care 9th Edition offers an up to date approach to the diagnosis and medical management of routine and complex conditions encountered in the newborn Written by expert authors from major neonatology programs across the U S and edited by Drs Eric C Eichenwald Anne R Hansen Camilia R Martin and Ann R Stark this popular manual has been fully updated to reflect recent advances in the field providing NICU physicians neonatal perinatal fellows residents and neonatal nurse practitioners with quick access to key clinical information Maintenance of Lactation by Means of Breast Massage and Manual Expression Kathryn Wetherbee Betzhold, 1982 **Core Curriculum for Interdisciplinary Lactation Care** Lactation Education Accreditation and Approval Review Committee (LEAARC),, Becky Spencer, Suzanne Hetzel Campbell, Kristina Chamberlain, 2022-09-29 Core Curriculum for Interdisciplinary Lactation Care continues to be a trustworthy source for lactation specific information and education in a thoroughly updated second edition Published in association with the Lactation Education Accreditation and Approval Review Committee LEAARC it presents the core curriculum required to practice as a beginning lactation consultant in an easy to read format Written by an interdisciplinary team of clinical lactation experts it reflects the current state of practice and offers evidence based information regardless of discipline or specialty The updated Second Edition includes new information on scientific evidence supporting breastfeeding the biochemistry of human milk breastfeeding multiplies or a preterm infant lactation and maternal mental health breast pathology and more **Maternal and Infant Assessment for Breastfeeding and Human Lactation** Karin Cadwell, 2006

Maternal and Infant Assessment for Breastfeeding and Human Lactation A Guide for the Practitioner Second Edition explores the characteristics of breastfeeding problems that can be seen heard or observed and allows the assessor to distinguish between breastfeeding problems and actual medical issues This text is designed for healthcare professionals who are responsible for constructing a comprehensive process for determining the breastfeeding status of mothers and infants While past experience can provide some direction for exploration a thorough assessment demands detailed examination o

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edition of A Practical Manual of Diabetes in Pregnancy offers a wealth of new evidence new material new technologies and the most current approaches to care With contributions from a team of international experts the manual is highly accessible and comprehensive in scope It covers topics ranging from preconception to postnatal care details the risks associated with diabetic pregnancy and the long term implications for the mother and baby The text also explores recent controversies and examines thorny political pressures The manual s treatment recommendations are based on the latest research to ensure pregnant women with diabetes receive the best possible care The text takes a multi disciplinary approach that reflects best practice in the treatment of diabetes in pregnancy The revised second edition includes New chapters on the very latest topics of interest Contributions from an international team of noted experts Practical state of the art text that has been fully revised with the latest in clinical guidance Easy to read accessible format in two color text design Illustrative case histories practice points and summary boxes future directions as well as pitfalls and what to avoid boxes Multiple choice questions with answers in each chapter Comprehensive and practical the text is ideal for use in clinical settings for reference by all members of the multi disciplinary team who care for pregnant women with diabetes The manual is also designed for learning and review purposes by trainees in endocrinology diabetes and obstetrics

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