

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.

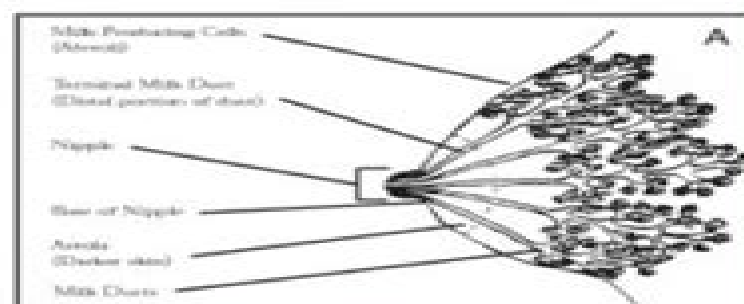
The Marmet Technique of Manual Expression was developed by a mother who needed to express her milk over an extended period of time for medical reasons. She found that her milk ejection reflex did not work as well as when her baby breastfed, so she also developed a method of massage and stimulation to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

Patrick Vollmar



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Table of Contents Manual Expression Lactation

1. Understanding the eBook Manual Expression Lactation
 - The Rise of Digital Reading Manual Expression Lactation
 - Advantages of eBooks Over Traditional Books
2. Identifying Manual Expression Lactation
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Manual Expression Lactation
 - User-Friendly Interface
4. Exploring eBook Recommendations from Manual Expression Lactation
 - Personalized Recommendations
 - Manual Expression Lactation User Reviews and Ratings
 - Manual Expression Lactation and Bestseller Lists
5. Accessing Manual Expression Lactation Free and Paid eBooks
 - Manual Expression Lactation Public Domain eBooks

- Manual Expression Lactation eBook Subscription Services
- Manual Expression Lactation Budget-Friendly Options
- 6. Navigating Manual Expression Lactation eBook Formats
 - ePub, PDF, MOBI, and More
 - Manual Expression Lactation Compatibility with Devices
 - Manual Expression Lactation Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Manual Expression Lactation
 - Highlighting and Note-Taking Manual Expression Lactation
 - Interactive Elements Manual Expression Lactation
- 8. Staying Engaged with Manual Expression Lactation
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Manual Expression Lactation
- 9. Balancing eBooks and Physical Books Manual Expression Lactation
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Manual Expression Lactation
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Manual Expression Lactation
 - Setting Reading Goals Manual Expression Lactation
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Manual Expression Lactation
 - Fact-Checking eBook Content of Manual Expression Lactation
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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