

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.

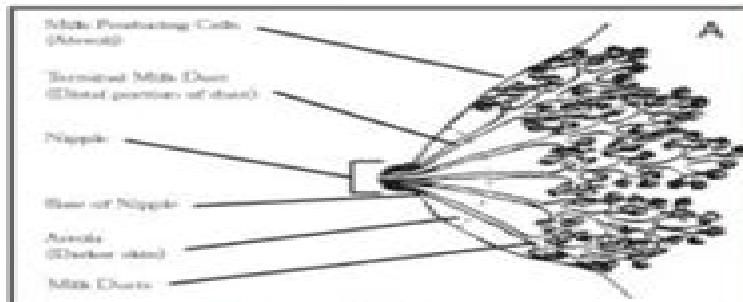
The Marmet Technique of Manual Expression was developed by a mother who needed to express her milk over an extended period of time for medical reasons. She found that her milk ejection reflex did not work as well as when her baby breastfed, so she also developed a method of massage and stimulation to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

Draughting 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

Helmuth Vorherr

Manual Expression Lactation:

Counseling the Nursing Mother Judith Lauwers,Debbie Shinskie,2004-04 Maintenance of Lactation by Means of Breast Massage and Manual Expression Kathryn Wetherbee Betzhold,1982

Counseling Nursing Families: A Lactation Consultant's Guide Judith Lauwers,Lactation Education Accreditation and Approval Review Committee

(LEAARC),2025-10-29 Counseling Nursing Families remains unique among lactation texts in its focus on counseling and communication skills It provides an appreciation of the significance of counseling techniques and how the lactation consultant's style and approach can enhance interactions with families and thus effectiveness Topics are presented within a counseling framework with a focus on diversity and inclusivity and practical suggestions and evidence based information interwoven throughout the text *Cloherty and Stark's Manual of Neonatal Care* Anne R. Hansen,Eric C. Eichenwald,Ann R. Stark,Camilia R. Martin,2016-10-11 Concise and easy to read this popular manual has provided a practical approach to the diagnosis and medical management of problems in the newborn through seven outstanding editions The Eighth Edition of Cloherty and Stark's Manual of Neonatal Care maintains that tradition of excellence offering NICU physicians neonatal perinatal fellows residents and neonatal nurse practitioners quick access to key clinical information fully updated to reflect recent advances in the field Written in an easy access outline format this extensively revised edition covers current practical approaches to the evaluation and management of routine and complex conditions encountered in the fetus and the newborn

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