Virtual Milk Expressions Training

List of Resources Used in the Training

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| **Topic/Item** | **Where to Find It** |
| **Videos:** |  |
| Breast Pumps – Manual & Electric Pumps | MDHHS-WIC’s [website](https://www.michigan.gov/mdhhs/0%2C5885%2C7-339-71547_4910_19205-493771--%2C00.html) |
| Hand Expression (7:33sec) | MDHHS-WIC’s [website](https://www.michigan.gov/mdhhs/0%2C5885%2C7-339-71547_4910_19205-493771--%2C00.html) |
| Maximizing Milk Expression with Hands-on Pumping (9:34sec) | MDHHS-WIC’s [website](https://www.michigan.gov/mdhhs/0%2C5885%2C7-339-71547_4910_19205-493743--%2C00.html) |
| Breast Pump Flange Fitting (6:42sec) | IABLE’s [YouTube site](https://gcc01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fchannel%2FUCrcZPu83FDKsj1mrz9paNEA%2Fvideos&data=04%7C01%7CChristensenA2%40michigan.gov%7Cde75fe5498f74f081bea08d8963361df%7Cd5fb7087377742ad966a892ef47225d1%7C0%7C0%7C637424494707055826%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=pFuNmtMHukcXJOgbDt22%2FbxBpkIWYr8xnr1wRymFrDM%3D&reserved=0) |
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| **Written Resources:** |  |
| Tips on Pumping:1.USDA: [Infant Nutrition and Feeding Guide](https://wicworks.fns.usda.gov/resources/infant-nutrition-and-feeding-guide)2. USDHHS Office of Women’s Health – [Your Guide to Breastfeeding](https://www.womenshealth.gov/patient-materials/resource/guides) | US Department of AgricultureUS Department of Health & Human Services |
| Description of Breast Pumps | MDHHS-WIC’s [website](https://www.michigan.gov/mdhhs/0%2C5885%2C7-339-71547_4910_19205-493771--%2C00.html) |
| CDC Milk Storage Guidelines | MDHHS-WIC’s [website](https://www.michigan.gov/mdhhs/0%2C5885%2C7-339-71547_4910_19205-493771--%2C00.html) |
| CDC Breast Pump Cleaning Guidelines | CDC’s [website](https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html) |
| Pump Cleaning Guidelines from the Company | MDHHS-WIC’s [website](https://www.michigan.gov/mdhhs/0%2C5885%2C7-339-71547_4910_19205-493771--%2C00.html) |
| MI-WIC Policies and Exhibits | MDHHS-WIC’s [website](https://www.michigan.gov/mdhhs/0%2C5885%2C7-339-71547_4910_19205_48542-191418--%2C00.html#4) |