



Virtual Milk Expression Training

List of Resources Used in the Training

Topic/Item	Where to Find It
<b>Videos:</b>	
Breast Pumps – Manual & Electric Pumps	MDHHS- WIC's <a href="#">website</a>
Hand Expression	MDHHS-WIC's <a href="#">website</a>
Maximizing Milk Expression with Hands-on Pumping	<a href="#">Click here.</a>
Breast Pump Flange Fitting	IABLE's <a href="#">YouTube site</a>
Reverse Pressure Softening	<a href="#">Reverse Pressure Softening video</a>
<b>Written Resources:</b>	
Tips on Pumping: 1. USDA: <a href="#">Infant Nutrition and Feeding Guide</a> 2. USDHHS Office of Women's Health – <a href="#">Your Guide to Breastfeeding</a>	US Department of Agriculture US Department of Health & Human Services
Description of Breast Pumps	MDHHS-WIC's <a href="#">website</a>
CDC Milk Storage Guidelines	MDHHS-WIC's <a href="#">website</a>
CDC Breast Pump Cleaning Guidelines	CDC's <a href="#">Breast Milk Storage and Preparation   Breastfeeding   CDC</a>
Pump Cleaning Guidelines from the Company	MDHHS-WIC's <a href="#">website</a> <a href="#">How to Use and Troubleshoot Your Breast Pump 10.20.21</a>
MI-WIC Policies and Exhibits	MDHHS-WIC's <a href="#">website</a>