DATE: May 10, 2017
TO: WIC Breastfeeding Coordinators
FROM: Breastfeeding, Training and Communications Unit
SUBJECT: Milk Expression & Breastfeeding Video Clips in Multiple Languages: New Resource

A new series of video clips at global health media is designed for teaching women with low birthweight babies. Several of the video clips will also be useful in teaching women how to express milk. Note that some have similar titles – one is noted for mothers and the other is designed for staff teaching.

- How to Express Your First Milk: English (for mothers)
- How to Express Your First Milk: Spanish (for mothers)

Videos on this site are available in a variety of other languages.

We’ve also discovered that the Stanford video on Hand Expression of Breastmilk (linked from local agency / breastfeeding / clinic resources on the MN WIC website) may not load when using Internet Explorer, but does load using Firefox.

Comments? Questions? Feedback from WIC participants? Please contact mary.b.johnson@state.mn.us or 651-201-4406.