



Milk Expression Training Resources

Training Guides
Breast Pump ACES Overview (Assembly, Cleaning, Expression, Storage)
Trainer's Guide How to Teach Pump Assembly Using ACES Handout Certificate for TEAM Breastfeeding ACES
Sample Breast Pump Scenarios
Pump Types
Breast Pump Descriptions
Checklist to Use When Discussing Breast Pump Options
Flange Fit, Pump Troubleshooting and Cleaning
Using a Pressure Gauge to Assess Breast Pump Performance Handout
Breast Pump Suction Pressure Parameters and Troubleshooting Tips
How to Clean Your Breast Pump Handout: CDC Spanish
How to Clean Your Breast Pump Handout: CDC English
How to Fit Breast Pump Flanges from IABLE
Hand Expression
How to Hand Express Breastmilk Handout (MIBFN)
How to Teach Hand Expression Handout
Expressing Milk Competency Checklist
Resources for Families
USDA WIC Works Infant Nutrition and Feeding Guide
Office of Women's Health Your Guide to Breastfeeding
Storage and Preparation of Breast Milk Handout: CDC English version
Storage and Preparation of Breast Milk Handout: CDC Spanish version
Michigan WIC Breast Pumps Assembly, Cleaning and Troubleshooting website
Breast Pump Policies