

Antenatal Expressing and Colostrum Harvesting Postnatal Questionnaire

Ask women open ended questions.

Tell me about your breastfeeding experience?

- What worked well?
- How did you feel before being shown hand expression?
- How did you feel after being shown how to hand expression?
- Did you have to supplement your baby with formula?
- Do you have any recommendations for improving the service or teaching of hand expression antenatally?