**Primary Drivers Secondary Drivers Change Ideas** Aim Antenatal hand expressing pack for pregnant women Antenatal Education for families Maternal Education for parents hand expressing as Increase Knowledge and part of normal newborn feeding journey uptake of Confidence antenatal Staff Education Create video for hand expressing hand expressing of Implement teaching technique with pregnant breast model **Equipment** and diabetic Safe storage and equipment at Safe Storage women, home for parents Visual aids on wards to normalise hand across expressing and teach technique Lothian, Promote published guideline to staff wishing to Safe Storage and Defrosting in breastfeed to hospital Quick glance guide for clinic/CMW 25% by March 2023. Staff 5-minute teaching bursts for staff on knowledge and hand expressing Effective communication for clinic and community midwives confidence Forum on TEAMS for communication with midwives **Effective Communication for** Flow chart for staff on safe storage of **EBM** hospital midwives