

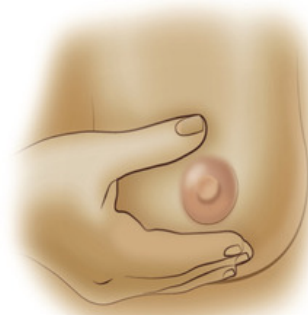


HAND EXPRESSION

**Hand express your breastmilk early and often.
Even if breastfeeding is going well.**

- Hand expressing while baby is feeding gives the baby a taste of milk to keep them interested in feeding
- You might try doing some hand expression just before a feed to motivate baby to eat or if baby is frustrated
- Hand expression softens the areola to help baby latch
- Helps increase milk supply
- Lessens the discomfort of overfull breasts
- Provides a way to collect and store milk without the cost of a breast pump

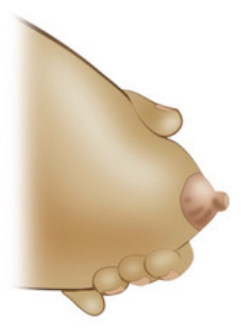
7 STEPS OF HAND EXPRESSION:



Press
(behind nipple
and areola)



Compress



Relax

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Best Start Resource Centre

- 1 Wash your hands
- 2 Gently massage your breast
- 3 Place your fingers and thumb behind the areola in a "C" shape
- 4 Press back towards your chest wall. Compress your fingers together and then release. Maintain contact with the chest wall and repeat compressions. It may take several compressions before you see any milk.
- 5 Collect drops of milk (e.g. cup, spoon, syringe) to feed your baby or store for later
- 6 Repeat (compress, and release) and move around your breast
- 7 Switch breasts and repeat