



Hand Expression

Learn how to hand express your breastmilk early, even if breastfeeding is going well.

Hand expression can:

- provide baby with a taste of milk to get them interested in feeding,
- soften the areola to help baby to latch,
- lessen the discomfort of overfull breasts,
- help maintain milk supply if separated from baby or unable to feed baby directly from the breast, and
- save you money. With hand expression, you may not need to buy a breast pump.



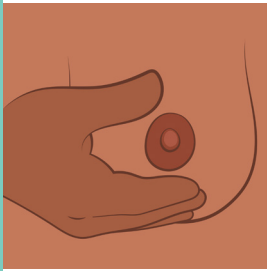
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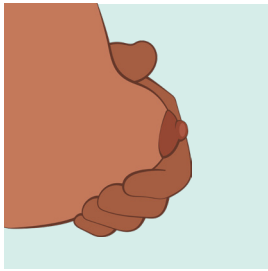
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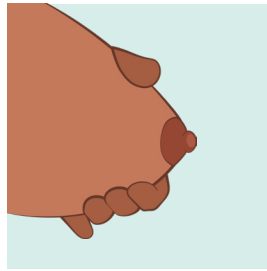
Steps to hand expression:



Press



Compress

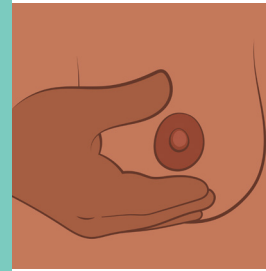


Relax

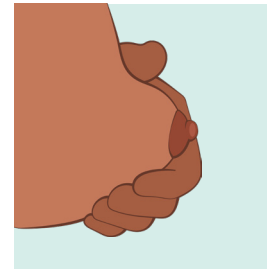
- 1 Wash your hands.
- 2 Sit up and lean slightly forward.
- 3 Gently massage your breast, or use a warm towel to help get the milk flowing. Seeing or hearing your baby also helps.
- 4 Place your fingers and thumb behind the areola in a "C" shape (nipple in the centre).
- 5 Press back towards your chest. Gently compress your thumb and fingers together and towards nipple, then release.
- 6 Collect drops of milk in a clean cup, spoon, or syringe to feed your baby, or store for later.
- 7 Repeat (press back, compress, relax) and move fingers around your breast.
- 8 Switch breasts and repeat. Continue to express until milk stops flowing.

It is normal to not get any milk at first. You may only get a few drops to a teaspoon initially. This is the perfect amount for your new baby's small tummy size in those first few days. The more you hand express over time, the easier it will become, and the more you will get.

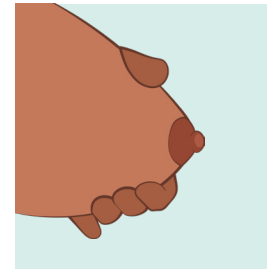
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