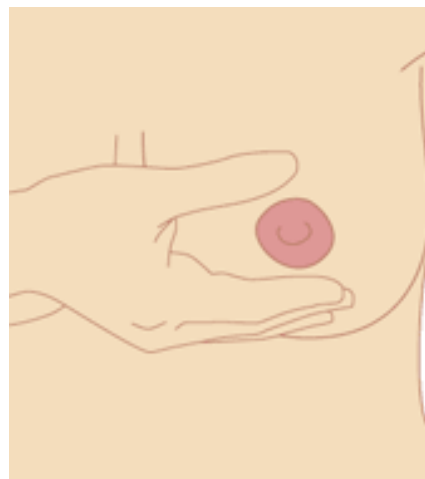


Expressing breastmilk by hand is a skill that takes practice. Do not worry if you cannot get much milk. Even expressing a small amount of milk will signal the body to make more. It may be easier to practice hand expression in the bathtub or shower or after breastfeeding..

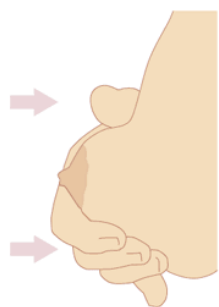
Hand Expression can be used:

- To help soften your breasts before breastfeeding if your breasts are full or engorged
- To collect milk for your sick or preterm baby
- To collect milk when you are away from your baby
- To collect milk if your baby is having difficulty latching to the breast



How to Hand Express:

1. Wash your hands. Use a clean container with a wide opening (sterilize the container if the baby is less than 4 months old).
2. Gently massage your breasts in small circular motions and stroke your breast towards the nipple . Warm, moist heat applied on your breast can also be helpful.
3. Hold the breast with one hand, not too close to the nipple. The thumb and index finger of the hand need to be opposite of each other and about 2.5–4 cm (1–1.5 inches) back from the nipple.
4. Lift the breast slightly with the fingers that are under the breast. Push straight back in towards the chest and gently squeeze the thumb and fingers together, rolling them forward towards the nipple. Continue until the milk starts to flow. Don't squeeze the base of the nipple, as this will stop the flow of milk.
5. Repeat step 3 and 4 a few times in each position as you rotate your hand around the nipple and areola like a clock until the milk flow decreases and the breast feels soft.
6. Repeat with the other breast.



Gently push in towards your chest



gently squeeze and roll forward

