

Breastfeeding—Hand Expression

- Wake your breasts up—shake, massage, move them
- Fingers on opposite sides of your areola
- Press back toward your chest
- Compress fingers toward each other, drawing slightly toward nipple, but not sliding skin
- Release pressure, relax your hand

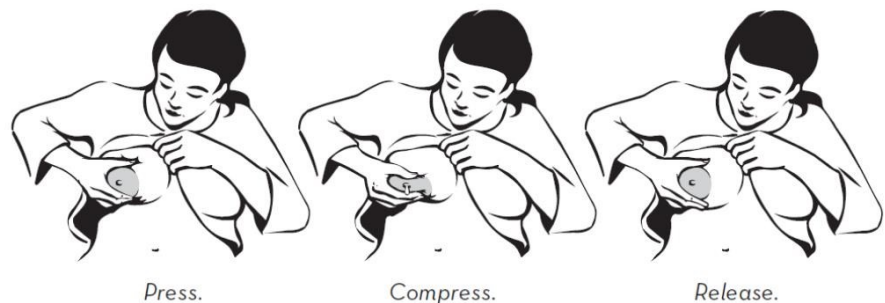
Repeat this several times. Don't expect anything immediately. Add massage whenever you like. Shift hand to a different position to move milk from other ducts.

Colostrum: collect drops on a plastic spoon, tip into baby's mouth or collect with dropper

Milk: Express into pump funnel or large bowl

See a helpful video here:

<http://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>



This handout was developed based on information from the La Leche League International, *The Womanly Art of Breastfeeding*, Chapter 20.

Family Birth Center

