

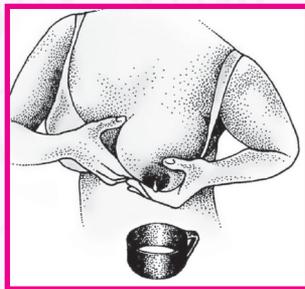
Hand Expressing Breast Milk

Whether you just need a little relief, need some milk for mixing with infant cereal or need to miss a feeding, hand expression is very useful to learn. As you practice, you will get better and learn what works best for your body.

Congratulations for continuing to provide the best food for your baby!

Just follow these simple steps:

- 1** To get started, gently massage breasts by rubbing your fingers in little circles around your breast. Then sit back and relax while you think of your beautiful baby. This will help get your milk flowing!
- 2** After a few minutes, place your thumb and index finger behind the dark area of skin around your nipple (areola).
- 3** Bring your fingers back toward your chest wall and gently roll forward toward the nipple (to protect sensitive tissue, do not pinch the nipple or slide fingers toward or over the nipple).
- 4** You should see some milk come out of your breast. If you don't, reposition your fingers and try again.
- 5** Once you see the milk coming, start a rhythm that will help you get more milk: Roll your fingers back and forward once every second.
- 6** Once you have expressed the amount you need you are done!



Congratulations on giving your baby your perfect milk!!!

Before you start expressing milk, massage your breasts by making little circles with your fingertips around your breast.

How to Store Breast Milk

Room temperature	Refrigerator at a temperature of 40°F or below	Frozen breastmilk (freezer door separate from refrigerator) with a temperature of 0°F or below	Thawed breastmilk (from frozen) and refrigerated 40°F or below
Use within 5 hours	Use within 5-8 days	Use within 6 months	Use within 24 hours

How to Store Breast Milk

- Make sure storage bottles or containers are clean.
 - Run them through the dishwasher or wash with warm soapy water.
- Store in bottles or containers (glass or plastic) or in plastic zip freezer bags or milk storage bags.
- Store in small amounts of 2-4 ounces so milk will not be wasted
- Label the container with the baby's name and the date the milk was collected.
- Store in refrigerator, cooler with ice or freezer packs, or freezer after expressing. If you need to store your milk in a cooler temporarily, place in a refrigerator or freezer before the ice or freezer packs thaw completely.

How to Thaw Breast Milk

- Place in the refrigerator until thawed.
- For quicker thaw, place under warm (not hot) running water.
- **NEVER** microwave the milk.
- Once the milk is thawed, do not freeze it again.

Using Thawed Milk

- Shake gently to mix and feed to baby.
- Feed the thawed milk within 24 hours.
- Do not refreeze milk.
- Throw away any milk after a feeding if it is not used within one hour.
- Clean and sanitize bottles or containers to be reused for another feeding.