

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.