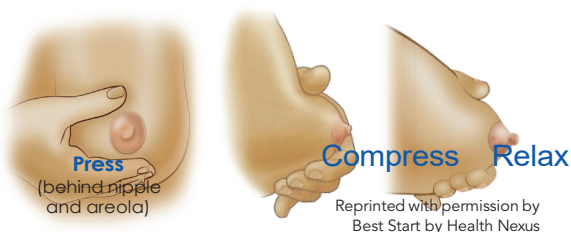


7 Steps of Hand Expression



1. Wash your hands.
 2. Gently massage your breast.
 3. Place your fingers and thumb behind the areola in a “C” shape.
 4. Press back towards your chest. Compress your fingers together and towards nipple. Relax and stop compressing.
 5. Collect drops of milk (e.g. cup, spoon, syringe) to feed your baby or store for later.
 6. Repeat (press back, compress, relax) and move around your breast.
 7. Switch breasts and repeat
- You may only get drops of milk each time you express. A few drops are perfect for your new baby's tummy size.

You can begin hand expression in the first hour after birth, after the baby has gone to breast.

Hand expression:

- Gives baby a taste of milk to keep them interested in feeding
- Softens the areola to help baby to latch
- Lessens the discomfort of overfull breasts
- Allows you to establish a good milk supply, especially if your baby is having difficulties feeding, and/or you are separated from your baby
- Helps to increase your milk supply
- Provides a way to collect and store milk without the cost of a breast pump

Cup, syringe, or spoon feeding are some of the ways you can feed your baby your colostrum or breast milk. You can ask your health care provider, hospital or public health nurse to show you how to do this.



Remember: hand expression is not a substitute for feeding your baby at the breast. Continue to offer your breast at every feeding, if possible. Ask for help - there are many resources available in the community to support you and your baby.

Adapted with permission from Niagara Region Public Health (April 2019)

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(807) 625-8827

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