

HOW TO HAND EXPRESS BREASTMILK



MIBFN
Michigan Breastfeeding Network

www.mibreastfeeding.org

PRESS



1: WASH HANDS when possible.

2: RELAX & gently massage your breast.

3: PRESS back toward your chest by using a "C".

4: COMPRESS your breast with the soft pads of your thumb and index finger. Continue to press backward (inward) and avoid sliding your fingers down toward the nipple.

5: RELAX the pressure & start over.

COMPRESS



6: GO BACK AND FORTH from 1 breast to the other (right, to left, to right) with up to about 10 compressions on each breast before switching. As you learn to express your milk, you will discover the "sweet spots" where the milk drops will come out the easiest.



RELAX



7: COLLECT YOUR MILK into a spoon, syringe, cup, or into the breast shield of the pump.

WHY HAND EXPRESS?

Hand expression is a useful tool that every mother should learn and has been shown to produce more milk than using just a pump. Hand expression can boost your long-term milk supply, increasing the amount of breast milk you make for your baby and the duration of your breastfeeding relationship. Hand expression is convenient, free, and always available to provide breast milk to your baby, even in emergencies. In the first few days, it is normal to see only a few drops during hand expression.

Adapted from: Using Your Hands to Express Your Milk by Dr. Anne Merewood PhD, MPH, IBCLC and Jane Abeel Morton MD FABM

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