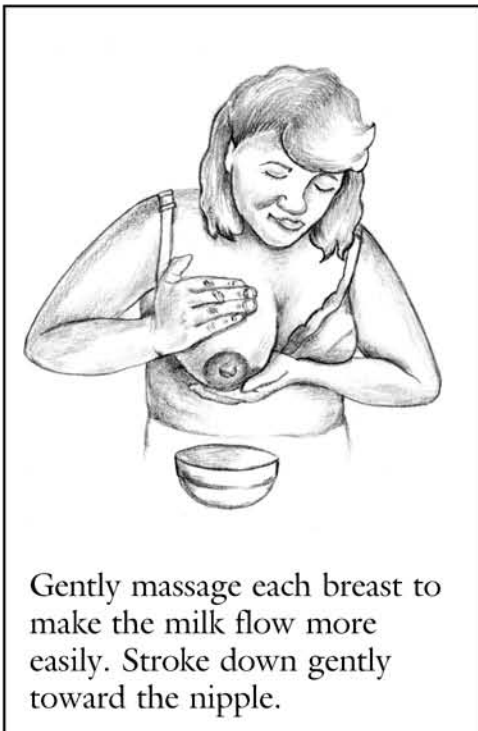
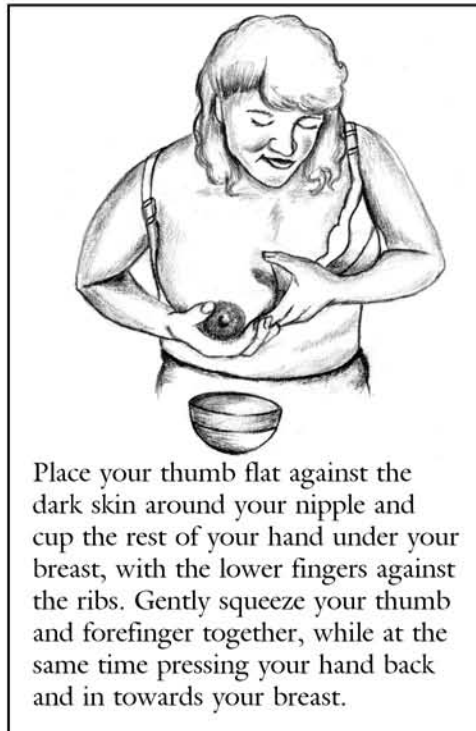


Hand Expression of Breast Milk

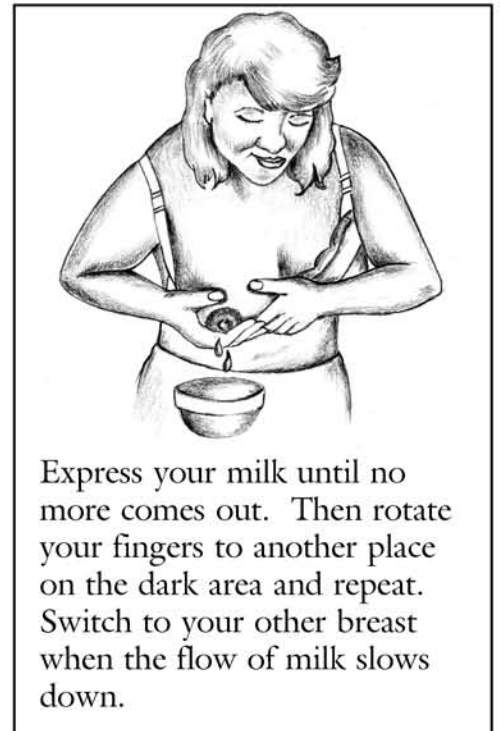
- ♥ Wash your hands with soap and water.
- ♥ Have a clean bowl ready to catch your milk.



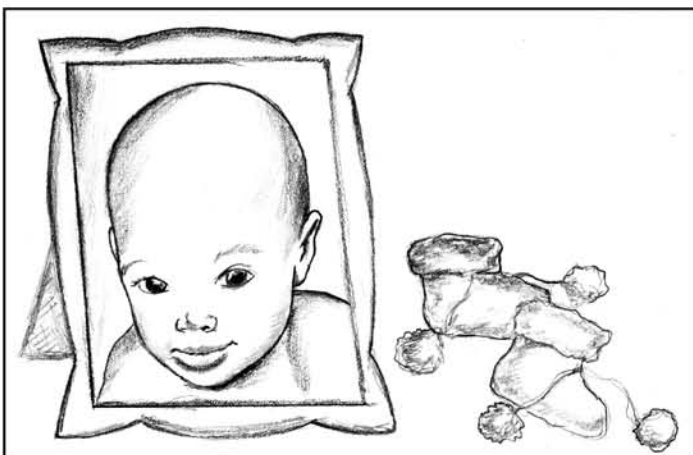
Gently massage each breast to make the milk flow more easily. Stroke down gently toward the nipple.



Place your thumb flat against the dark skin around your nipple and cup the rest of your hand under your breast, with the lower fingers against the ribs. Gently squeeze your thumb and forefinger together, while at the same time pressing your hand back and in towards your breast.



Express your milk until no more comes out. Then rotate your fingers to another place on the dark area and repeat. Switch to your other breast when the flow of milk slows down.



Looking at a picture of your baby or touching and smelling a piece of your baby's clothing may help your milk flow better.

If you are working outside the home, take these items to work with you.