

Hand Expressing Breast Milk

What is it?

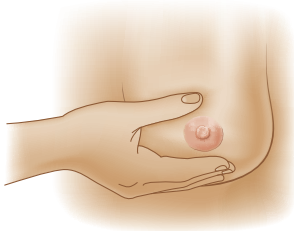
- Removal of breast milk from the breast usually by the hands of the mother herself
- Someone else with this skill could assist the mother or do it for her if she is unable to hand express herself

Collect Equipment

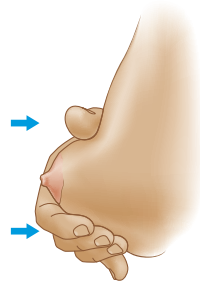
- A large, clean container with a wide opening to collect the expressed milk

Set-Up and Use of Equipment

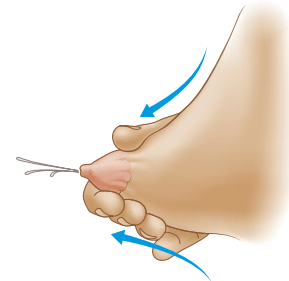
- Mother needs to remove restrictive clothing/bra
- Mother may choose a support person or someone to help her if necessary
- Wash hands thoroughly
- Choose an environment and position that relaxes the mother and encourages milk expression
- Many mothers find it easier to express in the morning, when their breasts feel fullest or after breastfeeding baby
- Warmth to the breasts and gentle massage before hand expressing may encourage breast milk to flow



Place thumb on top of breast and first two fingers underneath, about 1" to 1½" back from the nipple.



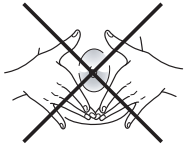
Push thumb and two fingers gently back toward chest wall.



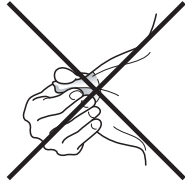
Roll thumb and fingers forward, as if making thumb/fingerprints at the same time.

- Repeat, moving thumb and fingers around the breast; position, press back and roll forward
- When milk flow slows, switch to the other breast and repeat sequence of position, press back and roll
- When first learning to hand express, only a few drops may be obtained
- Practice and experience will increase the flow and determine how long the mother needs to express at one time

Incorrect Positions:



1.



2.



3.

Cleaning

- Wash hands
- Store and use expressed breast milk according to "Storing Breast Milk/Thawing Frozen Breast Milk" guidelines

For more information, call Region of Peel—Public Health at 905-799-7700
Monday to Friday 8:30 a.m. to 4:30 p.m.
Caledon residents call free of charge at 905-584-2216
www.BreastfeedingInPeel.ca

Breastfeeding Friendly



ANYTIME. ANYWHERE.