

# Hand Expression

The following information is from the book, *The Womanly Art of Breastfeeding* 8th Edition

1. Wake up the breasts - gently massage the breasts
2. Place fingers on opposite sides of the areola
3. Press back toward your chest
4. Compress fingers toward each other, drawing slightly toward the nipple, but not sliding the skin.
5. Release pressure and relax your hand
6. Repeat

You may find that you need to reposition your hands as you express milk in order to release the milk from other ducts. Feel free to massage the breasts whenever you want to help release the milk. Hand expression is a learned art and may take some time to master. You may find it helpful to watch videos or see a lactation consultant.

If you are expressing colostrum you can collect it in a spoon or a small cup and use a dropper to feed the infant.

In the case that you are expressing milk to be stored you may express into a clean glass and pour the expressed milk into a storage bag for breast milk. Refer to the Milk Storage Guidelines handout in this packet.

