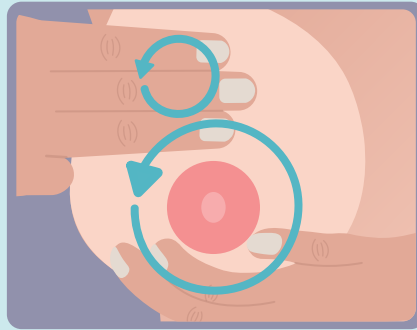


How to hand express breast milk

Getting started

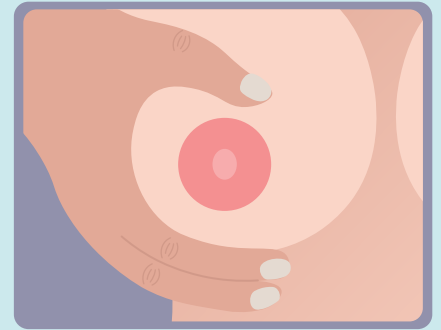
- Wash your hands with soap and water and dry them well
- Find a comfortable private place
- Have a glass of water handy
- Think about your baby as it can help to stimulate the let-down and help the milk start to flow

Step 1



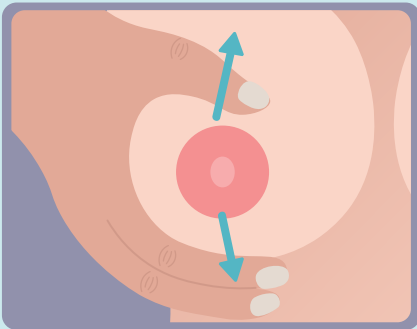
Massage your whole breast working towards the nipple.

Step 2



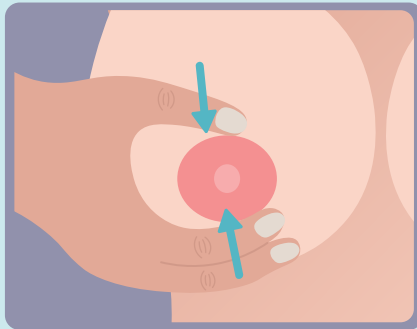
Place your thumb and forefingers in a C shape on your breast, about 2cms behind your nipple.

Step 3



Gently press the thumb and forefinger back into the breast tissue.

Step 4



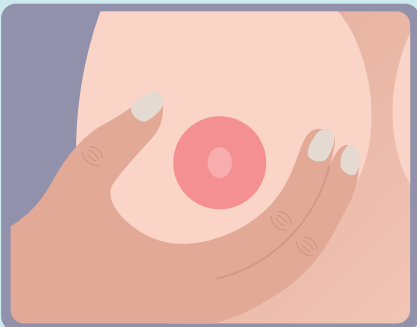
Then press the thumb and forefinger toward each other to compress the ducts and help move the milk out of the nipple.

Step 5



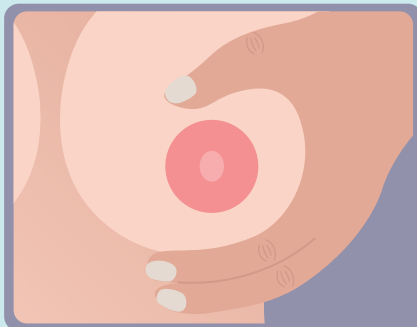
Use a clean, sterilised container, bowl or bottle to collect your breast milk.

Step 6



Rotate the position of your fingers/thumb on your breast and repeat the process until your breast is empty.

Step 7



Repeat the entire process on your other breast.

For help and advice on feeding your baby contact your midwife, maternal child health nurse, a registered lactation consultant or the Australian Breastfeeding Association on 1800 686 268.