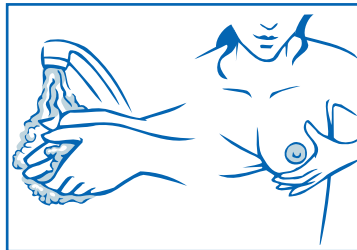


Expressing breast milk by hand

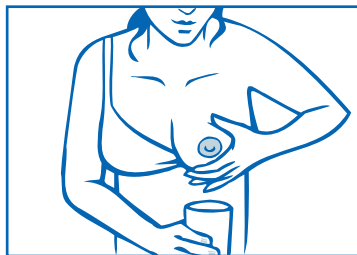
Sterilise everything that will come into contact with your milk before you start.

1



Choose a time when you are not rushed and wash your hands thoroughly. Cup your breast and feel back from the end of the nipple to where the texture of the breast feels different.

2



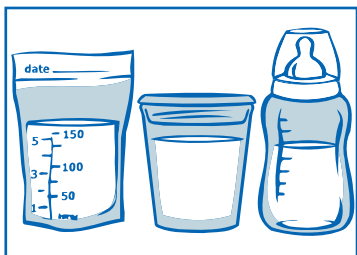
Using your thumb and index finger, gently squeeze or massage this area – this shouldn't hurt.

3



Massage gently down the breast towards the nipple. Repeat again and again, building up a rhythm. Your milk should start to flow.

4



Express your milk into a sterilised bottle or specially designed breast milk freezer bag or container.

5



Practice makes perfect, and it may take some time to master the technique so persevere. If you still cannot get your milk to flow, consult your midwife or breastfeeding advisor who will be able to help.