



manual breast expression

All breastfeeding mothers should learn how to manually express breastmilk. The more a mother manually expresses her milk, the easier it becomes and the more milk she'll make.

It is normal to get a few or no drops of milk the first few times you manually express your breastmilk. With practice, you will get more milk. After your baby is born, the best way to collect your colostrum (first milk) is in a medicine cup or on a teaspoon.

Manual breast expression can be easily learned by following these steps:

- Start by washing your hands.
- Sit up in a chair or bed and gently massage your breast using your hands or a warm towel.
- Follow the steps: Press – Compress – Relax
 - **Press:** Place your thumb and fingers about 1 to 1.5 inches away from your nipple in a “C” shape. Press back toward your chest.
 - **Compress:** While pushing back against your chest, bring your thumb and fingers together gently.
 - **Relax.**
- Keep your thumb and forefinger in the same place until no more drops of milk come out. Then move to another place around the areola and repeat. Switch sides from right breast to left breast. Try to develop a rhythm, like a baby nursing.

To view a streaming video that demonstrates this technique, go to <http://newborns.stanford.edu/Breastfeeding/HandExpression.html>