



# Hand Expression



## To Hand Express Breastmilk:

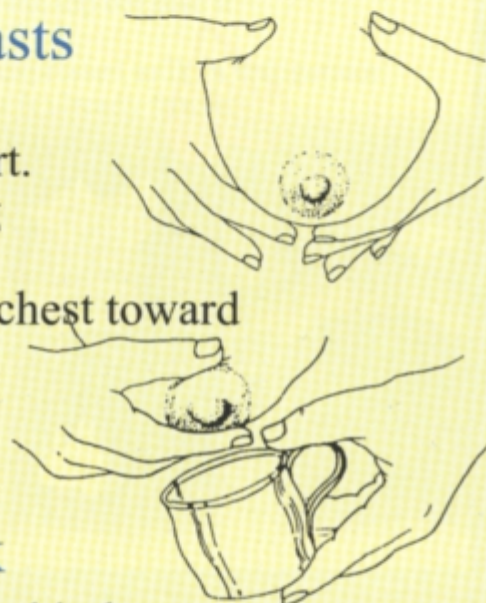
### Get ready

- Find a private place where you feel comfortable.
- Wash your hands and supplies.
- Wash your collection cup and storage bottles in hot soapy water or in the dishwasher. Air dry.



### Massage your breasts

- Breast massage helps your milk come out.
- Put 1 hand underneath your breast for support.
- Gently rub your breast with other hand using small circular motions.
- Move around the breast, working from your chest toward your nipple.
- Repeat on your other breast.
- Massage for at least 2 minutes.



### Collect your milk

- Place your fingers and thumbs about 1 inch behind the areola (darker area around the nipple).
- Gently lift; push breast back toward your chest, press fingers together and release.
- It is a rolling motion. Do this several times until your milk begins to flow into the cup.
- Continue around your breast.



Hand Expression  
Storing Breastmilk

Tips For Mom And Baby