

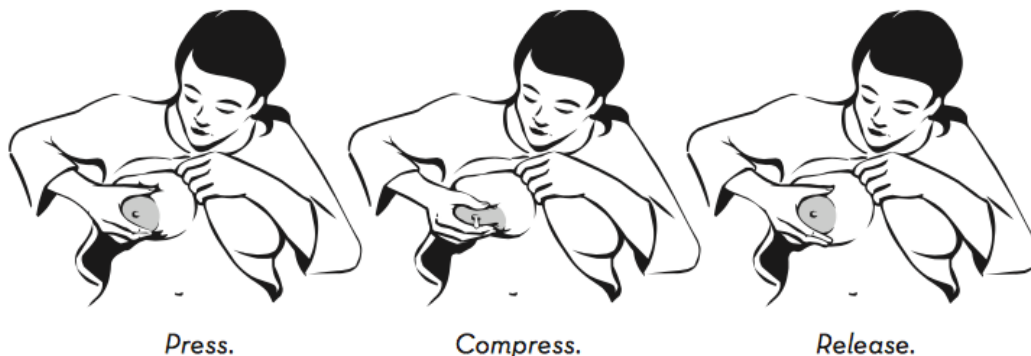
# How to Hand Express

## *Preparation:*

- Wash your hands.
- Prepare a clean wide-necked container for the milk. A medicine cup, tea cup or bowl may be appropriate.

## *Technique:*

- You may sit or stand comfortably - possibly where you can rest your arm or lean forward slightly over the container.
- Gently massage the breasts, running hands over the nipple and areola to stimulate the milk flow reflex.
- Position the first finger and thumb on opposite sides of the nipple, at about the edge of the areola or about one inch from the base of the nipple.
- Push directly back towards the chest wall, then compress the breast between finger and thumb, and follow through by moving the pressure towards the nipple without sliding the fingers on the skin of the breast.
- It may take a minute or so to stimulate the milk flow. Release and compress rhythmically (about once per second).
- Continue expressing while milk flow is good for about 2-3 minutes. Colostrum is quite thick, so be patient.
- Switch to the other breast and repeat. This can be repeated back and forth on each breast several times.
- Stop expressing when milk flow slows to drips or the goal has been achieved. For example, the areola is softened enough for infant to latch, or amount of milk needed is collected.
- Hand expression should not be painful. Seek advice from a lactation consultant if needed.



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Washington County Breastfeeding Coalition

<http://www.livinghealthywc.org/Breastfeeding.html>

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