

# Hand Expressing Breast Milk

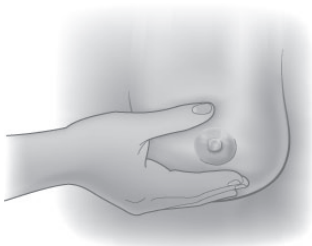
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## What is it?

- Mother removes breast milk from the breast by hand
- Someone else with this skill could assist the mother or do it for her if she is unable to hand express herself

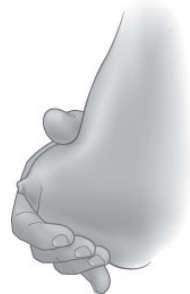
## Preparation

- Obtain a large, clean container with a wide opening to collect the expressed milk
- Wash hands thoroughly
- Remove any restrictive clothing/bra
- Choose a support person or someone to help, if necessary
- Choose an environment and position that is relaxing and encourages milk expression
- Many mothers find it easier to express in the morning, when their breasts feel fullest or after breastfeeding baby
- Warmth to the breasts and gentle massage before hand expressing may encourage breast milk to flow
- Gently lift your breast positioning your thumb on top of your breast and first two fingers underneath, about 1 to 1 ½ inches (2 ½ to 4 cm) back from the nipple

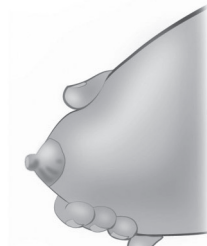


Press

(back towards chest wall)



Compress

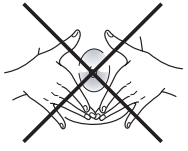


Relax

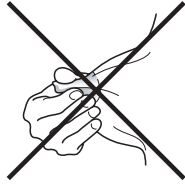
(Images property of Best Start, 2011)

- Repeat, moving thumb and fingers around the breast; position, press back towards your chest, compress and relax
- When milk flow slows, switch to the other breast and repeat sequence of position, press back, compress and relax
- When first learning to hand express, only a few drops may be obtained
- Practice and experience will increase the flow and determine how long the mother needs to express at one time

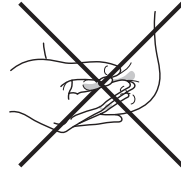
## Incorrect Positions:



1.



2.



3.

## Cleaning

- Wash hands
- Store and use expressed breast milk according to "Storing Breast Milk/Thawing Frozen Breast Milk" guidelines

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For more information, call Region of Peel—Public Health at 905-799-7700  
Monday to Friday 8:30 a.m. to 4:30 p.m.  
Caledon residents call free of charge at 905-584-2216  
[BreastfeedingInPeel.ca](http://BreastfeedingInPeel.ca)