

Hand Expression of Breastmilk



Hand expressing is an effective way to relieve fullness and allows you to express milk for your baby in any situation.

Hand expression does not replace feeding your baby at the breast. If possible, offer your breast at every feeding.

How To Hand Express

- **MASSAGE** - and stroke your breasts to help your milk start flowing.
- **POSITION** - the thumb and first two fingers on either side of the areola.
- **PRESS BACK** - avoid spreading fingers apart.
- **COMPRESS TOGETHER** - fingers and thumb. Do not squeeze, pull or slide over the breast tissue.
- **RELAX**
- **REPEAT** - rhythmically to drain the breast.



Halton Baby-Friendly Initiative
Empowering families to reach their own breastfeeding success

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Ways to Feed Expressed Breastmilk to Your Baby

Support your baby in an upright position by placing your hand at the base of their neck as shown in the spoon feeding picture



Cup Feeding

- Pour expressed milk into a small, flexible plastic cup. Do not fill more than 1/2 full.
- Hold the cup to your baby's lips and tilt it up until the milk reaches your baby's lips.
- Allow your baby to lap up the milk at his/her own pace. Be careful not to pour the milk into your baby's mouth.



Spoon Feeding

- Place the tip of the spoon on your baby's lower lip.
- Offer small amounts of milk and allow your baby to take the milk and swallow at his/her own pace.



For more information and to view videos on hand expression
Halton.ca/breastmilk or vimeo.com/65196007

Adapted with permission from City of Hamilton Public Health Services

For breastfeeding help and support



babyfriendlyhalton.ca
halton.ca/breastfeeding



HaltonParents
311



Sign up for peer support
halton.ca/hbfc



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