

How do I Hand Express Breastmilk?

Hand expression allows you to express breastmilk anytime and anywhere.

Your baby is the best at removing milk from your breast. However, if you need to express milk in the early days, hand expression is more efficient at removing colostrum (the early breastmilk) than a pump.

Hand expression is helpful if:

- You and your baby are separated
- Your baby is having difficulty feeding or latching onto the breast
- You want to increase your milk supply
- You are engorged (your breasts are very full)
- You want to express and store breastmilk for later use
- You want to increase your confidence in your body's ability to make milk



How To Hand Express

- Massage and stroke your breasts to help your milk start to flow
- Position your thumb and first two fingers on either side of your areola in a "c" shape
- Press back towards your chest wall. Avoid spreading fingers apart
- Lightly compress your fingers and thumb together. Do not squeeze or slide your fingers over the breast tissue.
- Release without removing your hand from your breast, and then repeat in a rhythmic pattern to express milk



Halton Baby-Friendly Initiative
Breastfeeding Basics

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