

How to hand-express your breastmilk

- Wash your hands
- Gently massage your breasts and areola. Warmth is helpful.



1. Put your finger and thumb on opposite sides of your breast about 2cm away from your nipple.

2. Push back towards your chest.



3. Bring your finger and thumb together, pause, then relax your fingers. Repeat in a rhythmic way.

- It will take some time for milk to flow. There may be nothing at all to begin with.
- After a few minutes rotate the position of your fingers.
- Relaxing, visualising milk flowing, thinking about your baby, doing more massage and changing breasts all helps.
- It gets easier with practice.
- If you wish to collect your colostrum or milk, use a clean container e.g. a small bowl or cup. It will keep for days in the fridge and months in the freezer.



Helensville
Birthing Centre

TE PUNA WHĀNAU KI TE AWAROA