Information for breastfeeding families

Hand Expression



Hand expression is a handy skill to have whenever you need to empty your breasts and you are not with your baby or your baby is temporarily unable to breastfeed. In the first few days after birth, hand expression can be more effective at removing colostrum than using a breast pump. If your baby needs a supplement in the first week or so, use hand expression to provide the milk he needs!

Hand expression routine:

- 1. Apply heat, massage and stroke breasts
- 2. Position fingers behind areola
- 3. Press back toward the chest
- 4. Compress fingers together to express milk
- 5. Relax and repeat, getting a rhythm going
- 6. Express for 5-7 minutes
- 7. Move fingers to a different position
- 8. Massage and stroke the breast
- 9. Press back toward the chest
- 10. Compress fingers together to express milk
- 11. Express milk for 3-5 minutes
- 12. Massage and stroke breasts
- 13. Move fingers to a different position
- 14. Express milk for 1-2 minutes
- 15. Complete cycle takes 20-30 minutes















Watch these videos while you are hand expressing to see the technique in action!

- http://newborns.stanford.edu/Breastfeeding/HandExpression.html
- https://vimeo.com/65196007

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