

HAND EXPRESSING ONCE BABY IS BORN

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Wash your hands then start with massaging your breast

MASSAGE ALL AROUND FOR
30-60 SECONDS

This will wake up your breast and make hand expression more successful



Make a gentle "c" shape

MAKE SURE THE NIPPLE IS IN
BETWEEN YOUR THUMB AND
POINTER FINGER

Your hands/fingers should never be on your nipple



Press into your breasts, towards your chest

KEEP HAND IN GENTLE "C"
POSITION WHILE PUSHING
BACK

Sometimes families describe this as pushing to get "behind" the nipple.



Compress your whole hand

NOT TOO HARD!

This should not hurt! Remember that even if colostrum isn't coming out you are still activating the milk making cells.



Release and start over

IN A GENTLE PATTERN

Press for three, compress for three relax for three. Every 1-2 minutes switch breasts for a total of 15 minutes

INVOLVE YOUR SUPPORT PERSON! THEY CAN HELP, OR DO IT FOR YOU WHILE YOU REST



Gentle "c" above and below

MAKE SURE NIPPLE IS IN
MIDDLE OF FINGER AND
THUMB

Often families find when the support person is involved they are able to get more colostrum! It also helps them to learn in case you need help after delivery.



Together press back

PRESS INTO THE
CHEST/BEHIND THE NIPPLE

This should not hurt!



Together, compress your whole hand

NOT TOO HARD/SOFT

Often the support person will need support in knowing how hard to compress. Often they are concerned to press too hard. Guide your helper! Working as a team is so important!



Collect drops into spoons and feed to baby

SMALL DROPS

Gently place the drop under baby's
upper lip/mouth