

Hand Expression

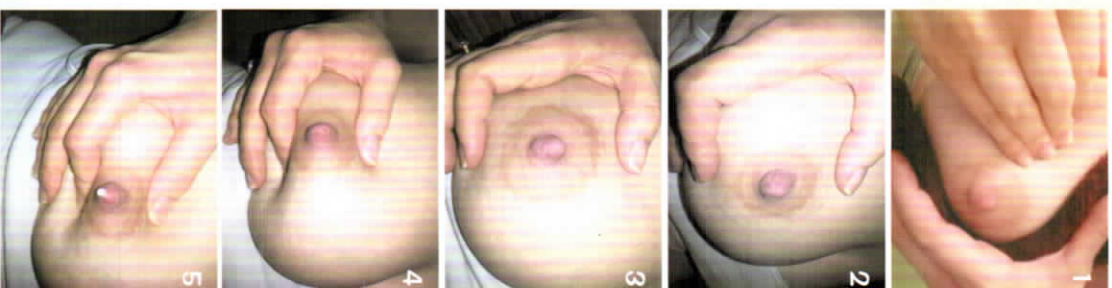


Information for
breastfeeding families

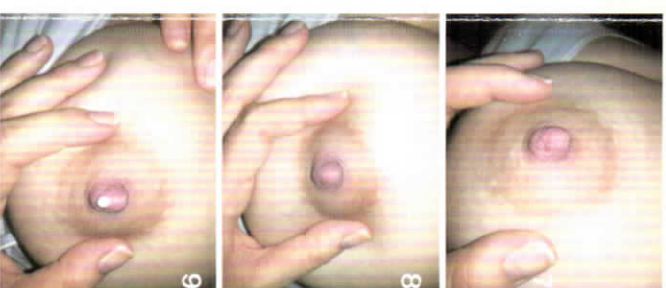
- Hand expression is useful in the hospital when**
- your breasts are overfull
 - you are separated from your baby
 - your baby needs a supplement for a medical reason (excessive weight loss, low blood sugar or jaundice)
- Hand expression is useful at home when**
- your baby is not getting enough at the breast

- you are not with your baby at the expected time to feed
 - you have returned to work
- Or, hand express then spoon feed breastmilk to a baby who has trouble latching. Hand expressing stimulates milk production and provides milk for your baby.

Step-by-Step Hand Expression



1. Apply heat, massage and stroke the breasts
2. Position fingers behind areola
3. Press back towards chest
4. Compress fingers together
5. Express (press and compress) until milk flow stops



6. Massage and stroke the breasts
7. Move fingers to a different position on the breast
8. Press back towards chest
9. Express until milk flow stops

10. Massage and stroke the breasts
 11. Move fingers to a different position on the breast
 12. Express until milk flow stops
- Complete cycle takes 20-30 minutes

See this technique in action!
Go to <http://stanford.io/handexpression>