

Hand Expression in 5 Steps!

Step by step guide from Stanford Medicine developed by Jane Morton, MD

- 1 Sit up and lean forward.
- 2 Use gentle massage over the breast (with hands, soft baby brush, or warm towel).
- 3 Place fingers about an inch back from the areola forming the letter "C" (nipple should be between the thumb and pointer finger).
- 4 Express human milk by pressing back on the breast tissue, compressing and relaxing.
- 5 Alternate breasts frequently.

Please watch the video for a visual and more details at:
<http://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>

BENEFITS OF HAND EXPRESSION:

- Increase your supply.
- Express milk anywhere, anytime, with only your hands!
- Help to fully drain your breast and decrease risk of clogged ducts.
- It's free!

