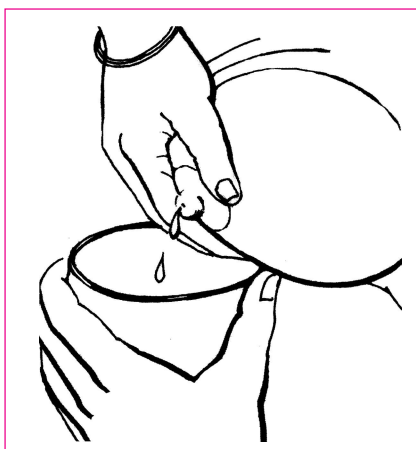
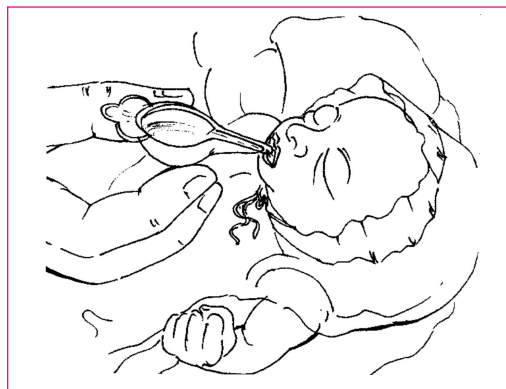


Expressing Milk by Hand

1. Wash hands with soap and water.
2. Place a warm compress on the breast for a few minutes if desired.
3. Gently massage the breast starting from the chest moving toward the nipple; do this in a circle (near the underarm, and then to the bottom of the breast, etc.), so that all parts of the breast are massaged.
4. Lean forward and support the bottom of the breast with one hand.
5. Hold the areola between thumb and two fingers of other hand. Put her thumb on the areola above the nipple and the two fingers on the areola below the nipple.
6. Press toward the chest (about 1-2 cm) and then squeeze the milk reservoirs beneath the areola. (Do not squeeze the nipple.)
7. Press and release the thumb and first finger several times until the milk drips out. Use a clean bottle or cup to collect the milk. Milk may drip at the beginning and then spray out after it starts flowing.
8. Rotate the thumb and fingers around the areola so that the milk is removed from all the reservoirs.
9. Repeat with the other breast.



Expressing milk by hand



Feeding baby with paladay

Adapted from *Breastfeeding Management and Promotion in a Baby-Friendly Hospital*, UNICEF and WHO 1993.