Gently massage the breast in a circular motion, from the outer aspect of the breast in toward the nipple.

Place your thumb and forefinger, approximately 2-3cm back from the nipple, keeping the thumb in line with the forefinger, as if an imaginary line is running through them.

Position a decontaminated/sterilised container under the breast / nipple to collect the milk.

Collection by oral dispenser is useful for smaller volumes of milk (colostrum).

Press the thumb and forefinger towards the chest...

...then compress the thumb and forefinger together.

Ensure that all milk containers are labelled with your/your baby’s name, time and date of the expression.

To establish your milk supply when baby isn’t feeding from your breast, it is necessary to express at least 8 times a day.

more milk removed = more milk made

For more information
Queensland Health booklet “Child Health Information Your guide to the first 12 months”