

# Hand Expressing Technique



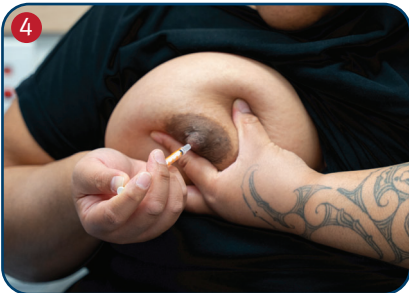
1 Wash hands before expressing. **Gently** massage the breast in a circular motion, from the outer aspect of the breast in toward the nipple



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



3 Position a clean/decontaminated container resting on the breast, under the nipple, to collect the milk



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



5 Press the thumb and forefinger **towards the chest...**



6 ...then compress the thumb and forefinger directly together and hold for 2-3 seconds before releasing. Do not pull your nipple or roll your fingers forward. This compression **should not hurt** – if it is tender, reassess the position of your fingers



7 Once the flow slows, move your fingers around slightly so you compress a different area (refer back to step 2)

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"
- Queensland Health Breastfeeding website: <https://www.qld.gov.au/health/children/babies/breastfeeding>
- The Australian Breastfeeding Association's Helpline 1800 mum 2 mum (1800 686 268) or <https://www.breastfeeding.asn.au/>



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