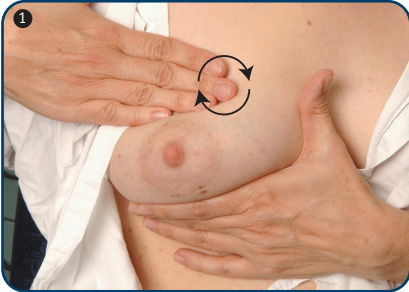


Hand Expressing Technique



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



3 Position a decontaminated/sterilised container under the breast / 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 together




7 Repeat compressing with a gentle rhythmic movement, – milk may come in droplets or in a flow

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

 **Partnering with Consumers -**
National Standard 2. (2.4)
Consumers and/or carers provided feedback on this publication

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/>