

HOW TO HAND EXPRESS



start with massaging your breast

MASSAGE ALL AROUND FOR
30-60 SECONDS

This will wake up your breast and make hand expression more successful



make a gentle "c" shape

MAKE SURE THE NIPPLE IS IN
BETWEEN YOUR THUMB AND
POINTER FINGER

Your hands/fingers should never be on your nipple



press into your breasts, towards your chest

KEEP HAND IN GENTLE "C"
POSITION WHILE PUSHING
BACK

Sometimes families describe this as pushing to get
"behind" the nipple.



compress your whole hand

NOT TOO HARD!

This should not hurt! it will take several times of
doing this motion to get colostrum to start coming



release and start over

IN A GENTLE PATTERN

press into your chest counting to three and then
together counting to three. So press for three,
compress for three relax for three. Every 1-2
minutes switch breasts for a total of 15 minutes

INVOLVE YOUR SUPPORT PERSON! THEY CAN HELP, OR DO IT FOR YOU WHILE YOU REST



gentle "c" above and below

MAKE SURE NIPPLE IS IN
MIDDLE OF FINGER AND
THUMB

often families find when the support person is involved they are able to get more colostrum! If it has been a difficult delivery the support person can take over completely.



together press back

PRESS INTO THE
CHEST/BEHIND THE NIPPLE

this should not hurt!



together, compress your whole hand

NOT TOO HARD/SOFT

often the support person will need support in knowing how hard to compress. Often they are concerned to press too hard. Guide your helper! Working at this is a team is so important for all family members!



collecting into the syringe

SMALL DROPS

when you are first collecting colostrum collect the small beads right off the nipple. Use the syringe to suck up the bead.



collecting into the bigger containers

ONCE YOU HAVE A STREAM OF
COLOSTRUM DRIPPING, USUALLY IN
LATER SESSIONS, SWITCH TO THE
LARGER CONTAINERS

these containers are provided to families in the NICU. If you are collecting prenatally any small clean container will work!