

Why Learn to Hand Express?



To soften the engorged areola (coloured area around the nipple) before latching the baby

To relief discomfort and engorged breast

To encourage a baby to breastfeed by expressing few drops (baby smells and tastes the milk)

To increase milk production

To rest severe cracked nipples and give them time to heal

How Frequent and How Long to Hand Express

Express at least

6 or more times in

24 hours

For about

15-20 minutes

Including at least

once at night



To get colostrum

Express while switching between breasts

It might takes 5 -10

minutes to get

a teaspoon of colostrum

To increase milk production

Techniques of hand expression?



- Wash your hands well with soap and water
- Place a clean container below your breast to collect milka
- Massage the breasts gently toward the nipples
Place your thumb and index finger opposite each other)
C hold (just outside the dark circle around the nipple)
about 3.5-2.5 cm from the base of the nipple
- Now press back toward your chest ,then
gently compress to release milk
- Repeat (press - compress - relax)
at different positions around the areola