

Hand Expressing

How and Why?

Why express breastmilk?

Early days:

- ♥ Tempt baby to feed
- ♥ Kick-start milk production
- ♥ Relieve engorgement
- ♥ Show then that they have milk
- ♥ Obtain milk for a baby who can't feed

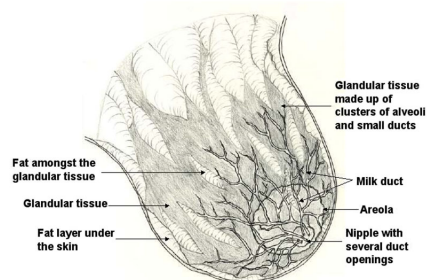
Long-term:

- ♥ Prevent and manage problems, e.g. mastitis
- ♥ Social reasons (e.g. return to work)

Why teach hand expression?

- ♥ Convenient – available anywhere - no equipment required
- ♥ Better hormonal response
- ♥ Best method for obtaining colostrum
- ♥ Can target a specific area of the breast

Anatomy of the breast



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How to express by hand

- ♥ Find the right spot
- ♥ Make a "C" shape with thumb and fingers
- ♥ Squeeze gently
- ♥ Get a rhythm going
- ♥ Collect small drops straight into a 1ml syringe/on to a clean spoon
- ♥ Rotate around the breast
- ♥ Move to other breast

Helping the let-down

Keep it simple and pleasant – it's not a science!

- ♥ Relaxing atmosphere – music, soft lights
- ♥ Warmth
- ♥ Back massage
- ♥ Gentle breast massage (no dragging of skin)
- ♥ Gentle nipple rolling

How soon should expressing start?

When a baby can't breastfeed

- ♥ Skin-to-skin contact at birth if possible
- ♥ Hand express as soon as possible after birth
- ♥ Express at least 6-8 times (preferably 8-10) in 24 hours, including at night
- ♥ Hand express for first few days, then combine hand and pump



Sterile syringe
1ml/2.5ml/5ml



Clean Tea Spoon
5ml



Equipment needed

Label

Name

Date

Hospital number



These syringes can then be given to the baby if needed – it is better for the baby to latch and feed directly whenever possible

Colostrum to milk

