

Breastfeeding...

Hand Expression

Why hand expression?

Hand expression is an easy, efficient way to express breast milk. It doesn't require any special equipment or even electricity. It has also been shown to double the volume of milk pumped when used in combination with pumping via a mechanical breast pump. Unlike mechanical pumping, hand expression mimics the way that baby eats. To boost milk supply with mechanical pumping, try hand expression before, during and/or after a mechanical pumping session. Even thirty seconds of hand expression combined with mechanical pumping can increase the amount pumped.

	Room Temperature	Insulated Cooler Bag with ice packs	Refrigerator	Freezer of Refrigerator (separate doors)	Deep Freezer
Freshly Expressed Breastmilk	6-8 hours Up to 77°F	24 hours 39° or less	5 days 39° or less	3-6 months 0° or less	6-12 months -4° or less
Thawed Breastmilk (Previously frozen)	DO NOT STORE	DO NOT STORE	24 hours	Never refreeze thawed milk	Never refreeze thawed milk

Thaw milk in refrigerator overnight or place in warm water. Swirl to mix. Never use a microwave or stovetop to heat milk!

How to hand express

- 1) Wash your hands
- 2) Gently massage your breast
- 3) Place thumb and index finger on either side of the nipple, about 1-2 inches back from the nipple.
- 4) Press gently inward toward the rib cage
- 5) Roll fingers together in a slight downward motion
- 6) Repeat all around the nipple if desired
- 7) Use a cup, bowl or bottle to easily catch the milk

Check out these how to videos:

<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>

<http://www.youtube.com/watch?v=6ZViuYKX5LU>

Here are some other resources:

<http://www.la lecheleague.org/nb/nbmarapr96p51.html>

<http://www.breastfeedinginc.ca/content.php?pagename=doc-EBM>

Need breastfeeding help? Call (715) 346-5332 or (715) 345-5778

References: Dr. Jack Newman "The Importance of Skin to Skin Contact"

Adapted from Wood Co. Breastfeeding Coalition 10/14

