

# Hand Expressing Technique



1 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 rhythmical movement

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: <http://www.health.qld.gov.au/breastfeeding/>