



## Hand Expression

- Wake your breasts up—shake, massage, move them
- Fingers on opposite sides of your areola
- Press back toward chest
- Compress fingers toward each other, drawing slightly toward nipple but not sliding skin
- Release pressure, relax hand

Repeat several times. Don't expect anything immediately. Add massage whenever you like. Shift hand to a different position to move milk from other ducts.

Colostrum: collect drops on plastic spoon, tip into baby's mouth or collect with dropper.

Milk: Express into pump funnel or large bowl.

See video at [newborns.stanford.edu/Breastfeeding/HandExpression.html](http://newborns.stanford.edu/Breastfeeding/HandExpression.html).

