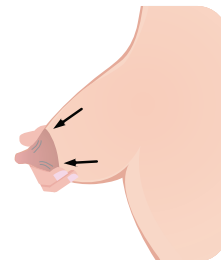
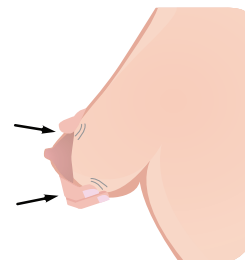
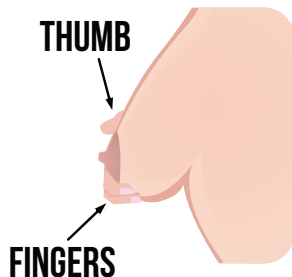


Hand-Expressing

QUICKGUIDE

by:

mamasoup



01 WASH HANDS

Lather up to ensure there are no contaminants or germs that could be transferred to baby.

02 PREP CONTAINER

If you're planning on saving your milk or colostrum for later, choose a sanitized container or milk bag.

03 POSITION HANDS

Take the hand on the same side as the breast you will be working on. Place your thumb at the top of the areola and your first two fingers underneath the nipple.

04 PUSH BACK

Push your thumb and fingers back towards your chest wall. The pressure must be placed at the base of the areola, not on the breast tissue.

05 ROLL FORWARD

Roll the tissue forward towards the nipple & repeat steps 4 and 5. It might take a few times for the milk to come out.

storage guide

FOR FRESHLY-EXPRESSED MILK:

At room temperature 4 hours is best
6-8 hours is okay

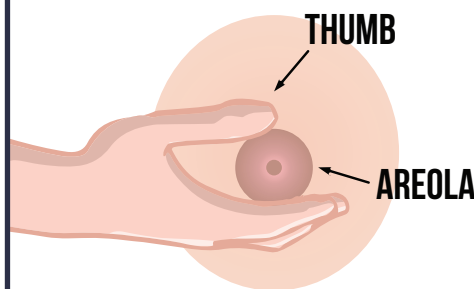
In cooler w/ ice packs 24 hours

In the fridge 4 days is best
8 days is okay

In the freezer up to 9 months

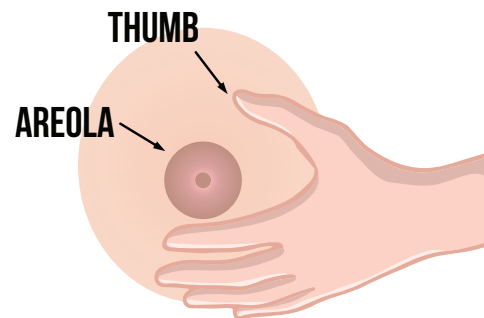
In the deep freeze up to 12 months

hand positioning



CORRECT

Your thumb should be right on top of the areola with your first two fingers placing pressure right underneath the nipple.



INCORRECT

If your hands are positioned so that they are holding too much breast tissue, the hand-expression will not be successful.

Did you know that hand-expressing can be helpful for **PREGNANT MAMAS** too? By hand-expressing and saving your colostrum while you're still pregnant, you can have it on hand if you need to **supplement with it** later on.