

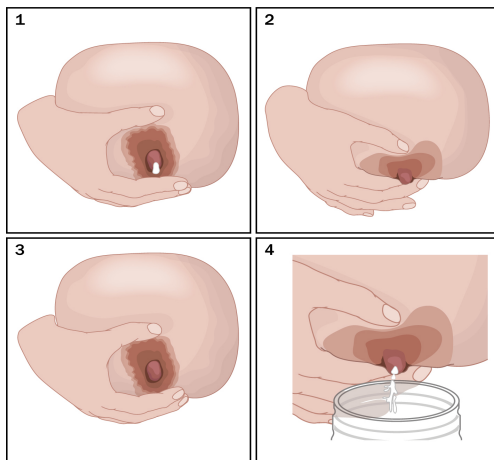


Hand Expression

Hand expression is an important skill to have! You can start hand expression at 37 weeks of pregnancy to stimulate milk production. Hand expressing frequently (every 2-3 hours) during the first day can help milk come in for a sleepy baby. You can use this to manage discomfort from engorgement or produce milk if you are away from baby.

Using a C shaped hold with fingers about an inch away from the nipple, gently compress the breast towards the chest wall, compress the fingers towards each other then release. Continue until milk starts flowing. Often women can feel a 'let down' when this happens. Stop once milk stops flowing.

You can gently hand express when a sleepy or very young baby is latched but not feeding effectively to help them learn to feed more efficiently.



<https://firstdroplets.com/>

<https://www.britishjournalofmidwifery.com/content/clinical-practice/hand-expressing-in-pregnancy-and-colostrum-harvesting-preparation-for-successful-breastfeeding/>