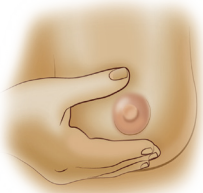


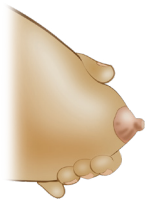
7 Steps of Hand Expression



Press back
(behind nipple and areola)



Compress



Relax

1. Wash your hands.
2. Gently massage your breast.
3. Place your fingers and thumb behind the areola in a "C" shape.
4. **Press back** towards your chest. **Compress** your fingers together and towards nipple. **Relax** and stop compressing.
5. Collect drops of milk (e.g. cup, spoon, syringe) to feed your baby or store for later.
6. Repeat (press back, compress, relax) and move around your breast.
7. Switch breasts and repeat.

You may only get drops of milk each time you express.
A few drops are perfect for your new baby's tummy size.

Do you need help with breastfeeding?

Breastfeeding takes time for you and your baby to learn.

We can help.

Connect with a public health nurse at Niagara Parents to ask any breastfeeding questions or learn about ways to get in-person help.

If you need evening or weekend help call Telehealth and speak to their free lactation consultant 1-866-797-0000



Connect with a public health nurse at Niagara Parents



905-684-7555 or
1-888-505-6074 ext. 7555



parents@niagararegion.ca

Live Chat



niagararegion.ca/parents



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