

## Expressing breast milk Steps

1. Put clean warm wet cloths on breasts for 5 minutes if engorged
2. Massage the breast from the outside towards the nipple to help the milk come down
3. Hold the breast with thumb on top and other fingers below pointing away from the areola
4. Have mother lean slightly forward so the milk will go into the container
5. Squeeze thumb and other fingers together, move them towards the areola so the milk comes out.
6. Press and release and try using the same rhythm as the baby sucking
7. Move hands around the breast so milk is expressed from all areas of the breast
8. Express one breast until breast softens (usually at least 3 – 5 minutes)
9. Express the other side and then repeat both sides

**Express breast milk** Use an alternative method  
to feed breast milk

