

Breastfeeding's Best Kept Secret: Hand Expression

Benefits

- Early hand expression increases later milk production
- Relieves engorged breasts
- Stimulates milk production to increase supply
- Increases amount of colostrum baby receives in the first few days
- Convenient and free
- Encourage the flow of milk to your baby during a feeding

Wash your hands thoroughly with soap and water and get a clean and sterilized container ready to collect the milk. A bowl or funnel paced in a jar may make the collection easier. Find a place to relax while you express your milk.

Before starting:

- Using small, circle-like motions, massage your breast to help get your milk flowing. Move your hands all around your breast from your chest to your nipple. Warm washcloths or a warm bath or shower may help.
- With your thumb on top of your breast and your two fingers under the breast, gently hold your breast about 1 inch behind the nipple. Press back toward the chest wall, then roll your fingers and thumb on top of your breast from your chest to your nipple.
- Gently squeeze while you roll your fingers forward. Repeat the pressing and rolling motion, moving your fingers to a new position until you've been all the way round your breast. If the milk flow seems to slow down, you may repeat the massage and try a new position for expression, you can express from the second breast. Then go back to the first breast until the flow slows.
- Be gentle and avoid squeezing or pulling on the nipple. Do not slide your hands over your breast. Practice for the first time after your baby has nursed while your milk is already flowing. Early in the morning is another good time to try.
- Don't be discouraged if you don't get much milk at first. If you are trying to relieve a full breast, expressing even a small amount can help. With practice, some women can express whole bottles of milk!



Maximize Milk Production with Hands on Pumping

Benefits

- You will obtain more milk from the pumping session if you use breast massage at the same time.
- You will have more milk to save for feedings, and your milk supply will increase.



How to:

1. Use a fully electric pump with a double pumping kit. Wear a bra that holds the flanges in place while you pump to free up your hands to massage your breasts. Massage your breasts before pumping. Massage both breasts using small circles in a spiral pattern.
2. Pay extra attention to the outer margins of the breast. Stroke the breasts from the outer margins toward the nipples. Use a light touch to help you relax and to help stimulate your let down.
3. Pump both breast until the milk starts to subside, usually about 5 to 7 minutes. Adjust the suction to the highest level that is comfortable to you.
4. Repeat the massage process. Pump each breast while massaging it. Pay special attention to the areas where you feel lumps. Using medium pressure, stroke your breast from the outer margin in toward the pump to empty ducts.
5. Continue until your milk production subsides again, usually about 3 to 5 minutes. Hand-express into the pump flanges.



The amount of milk you pump does not tell you how much your baby is taking from the breasts. Babies with a proper latch often extract more milk from the breast than moms pump.



DIY - Hands Free Pumping Bra!

kellymom.com/bf/pumpingmoms/pumping/hands-free-pumping



How to utilize hands on pumping techniques?

med.stanford.edu/newborns/professionaleducation/breastfeeding/maximizing-milk-production.html



How to Hand Express?

med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html



Find more breastfeeding resources at:

WICBreastfeeding.fns.usda.gov

cdc.gov/breastfeeding



scdhec.gov/wic



Breast Milk Expression & Storage



While feeding your baby from your breast is best, pumping and hand expressing milk can be helpful at times. Whether you're expressing milk to give your baby when you're away or for solving breastfeeding challenges, we have tips and tricks to help!



Remember to Use Proper Sanitation and Sterilization Techniques

- Pump or express your milk into a breast milk storage bag or clean container.
- Store your milk in amounts of 2-4 ounces. Storing in small amounts prevents wasting of your milk. Milk leftover from a feeding cannot be reused and must be thrown out.
- Ensure the item you use to collect your breast milk is clean.
- After every use, wash items in hot soapy water and rinse well.
- Once a day, place bottles in a pot of boiling water for 10 minute or run them through a dishwasher if they are dishwasher safe.
- Pump or express your milk into a clean bottle or jar.
- Glass or hard plastic (BPA free) bottles are recommended for storage. If you use plastic bags, be sure they are designed for storing breast milk. Avoid using ordinary plastic storage bags or formula bottle bags. They can easily leak or spill.
- Keep the milk in the refrigerator if you plan to use it within 4 days.
- If you want to keep the milk longer, put it in the freezer. Place the milk in the back of the freezer, not the door.
- When freezing your milk, leave some room at the top of the bottle or jar. This prevents the milk from spilling over when it freezes.
- Do not add freshly collected warm milk to chilled or frozen milk. Cool the milk first in the refrigerator.
- Thaw the container of breast milk in a bowl of warm water or hold the bottle or jar under warm running tap water. Never use a microwave or stove to warm breast milk.
- Breast milk may separate during storage. That's okay-it's not spoiled milk. Gently shake the milk.
- Use thawed milk within 24 hours. Do not refreeze thawed breast milk.

Breast Milk Storage Guidelines*

	Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best Up to 12 months is acceptable
Thawed, Previously Frozen	1-2 Hours	Up to 1 Day	NEVER refreeze breast milk after it has been thawed
Leftover from a Feeding (Baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding		

* These guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your health care provider. Guidelines are for home use only and not for hospital use.



Remember to always wash your hands thoroughly with soap and water before assembling your pump.

Selecting a Breast Pump

If you need help choosing a pump, discuss with other mothers, a breastfeeding peer counselor or a lactation consultant. Once you buy a pump, be sure to read how to put it together and use it correctly

Electric Breast Pumping Benefits

Double Electric Pumping:

- Takes less time
- Increases the amount of breast milk expressed
- Hospital grade is best for moms that exclusively pump for ill or premature babies who are not strong enough to nurse at the breast.
- Efficient for moms that are separated from their infant > 20 hours weekly

Single Electric Pumping:

- Portable
- Easy to assemble and clean
- Easy to adjust settings to assure comfort
- Efficient for moms that pump due to being separated from their infant < 20 hours weekly
- One free hand to help with hands on pumping

Manual Breast Pumping Benefits

- Compact and portable, no power source needed
- Quickly relieves discomfort from very full breasts
- Few parts so easy to assemble and clean
- Simple, convenient, and quiet
- Affordable

Following these tips can help make pumping a success.

- Try to copy your baby's sucking rhythm with the pump.
- Practice with different rhythms to see which works best.
- Some women prefer a very steady rhythm, while others will pump, then stop a few seconds and then pump again.

Common Types of Breast Pumps



Hospital Grade Pump

Used by mothers of ill or premature babies who are not strong enough to nurse from the breast.



Double Electric Personal Use Pumps

Used by mothers that need to pump at work



Small Electric Pump

Used by employed mothers for occasional use



Manually operated breast pumps

Best for occasional use



HAAKA Milk Collector Pump

Allows you to collect breast milk while feeding your baby



Listening to relaxing music has been shown to increase the amount of breast milk expressed.



Are you using the right flange size?

If your nipples are sore during or between pumping sessions, talk to your breastfeeding peer counselor about a new flange size. **Pro Tip:** Lubricate flange with water or breast milk for better suction!