



Memorandum

#15-89

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Amanda Hovis, Director
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: August 17, 2015

SUBJECT: New Breastfeeding Material – Hand Expression of Breastmilk

NEW! Bilingual Hand Expression of Breastmilk flyer (Stock#13-06-14518).

This bilingual flyer briefly reviews the reasons why a mom may want to learn how to hand express her breastmilk and provides step by step instructions on how to hand express.

The new flyer is available to order from the WIC catalog at <http://www.dshs.state.tx.us/wichd/WICCatalog/contents.shtm>.

If you have any questions or require additional information, please contact Marguerite Kelly, IBCLC, Training Specialist IV, Nutrition Education/Clinic Services Unit, at (512) 341-4589 or Marguerite.Kelly@dshs.state.tx.us.

Hand Expression of BREASTMILK



Breastmilk is the best gift you can give your baby. Learning how to remove breastmilk using your hands is one way of collecting milk when you need to. This is called "hand expression." Hand expression can be useful and requires no equipment. Some mothers get more milk with hand expression than with a breast pump. There are several reasons why you may want to hand express:

- Some babies are extra sleepy in the first few days or need more time to practice breastfeeding.
- When your breasts are too full, hand expression can help you remove just enough to make breastfeeding easier for you and the baby.
- When you forget a part of your breast pump.

Steps to hand expression:

1. Wash your hands then massage and rub your breasts.
2. Use a clean container with a wide opening or a spoon to collect your colostrum or breastmilk.
3. Hold the container below your nipple. With your other hand, place your fingers and thumb about an inch away from your nipple.



4. Press your finger and thumb toward your chest.



5. Squeeze gently and catch your milk in the container.



6. Relax your hand.

7. The best hand placement can vary from mom to mom. Try placing your fingers and thumb closer to your nipple and then farther away to find the hand placement where you express the most milk. Some mothers may hand express more milk using two hands. Express for 5 to 7 minutes. It may take a few minutes before you see any colostrum or breastmilk.
8. Then repeat step 3, changing your hand position to collect the milk from different areas of your breast. Express 5 to 7 minutes.

Ask a peer counselor, lactation consultant, or nurse to help you learn hand expression.

To learn more about hand expression watch: <http://newborns.stanford.edu/Breastfeeding/HandExpression.html>



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