

Handwashing

1 Wash your hands thoroughly with warm water.



2 Warm your breast up for two minutes by placing a warm cloth on your breast. This will help with milk expression.

3 Massage your breast. Use your hands or a towel to gently knead and massage the skin around the nipple to help your breasts relax.

4 Sit up straight and lean slightly forward. (order is p. 45m (sligh (aig

7 Repeat. Remember, the order is press, compress, and then relax. This process will become rhythmic, like a baby suckling.



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Every Step of the Way

Breastfeeding & Lactation Medicine

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