

EXPRESSION OF BREAST MILK

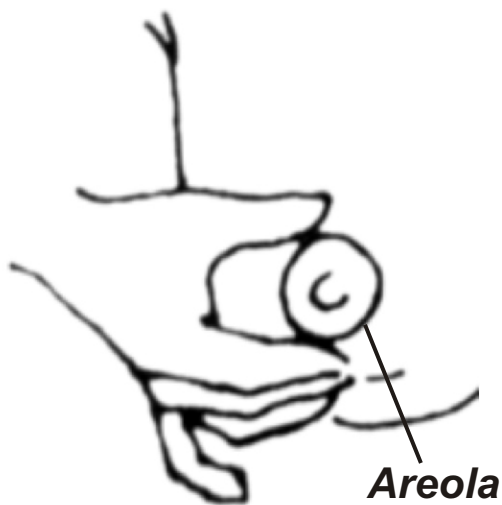


1 Wash your hands well with soap and water



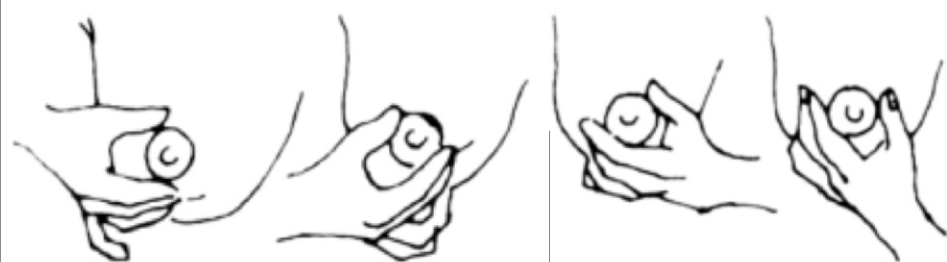
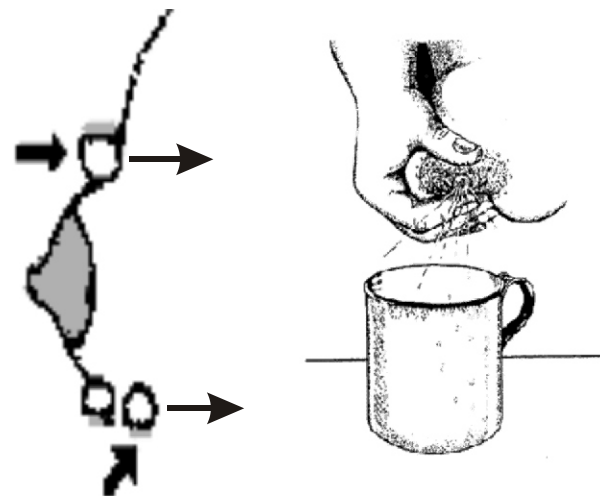
2 Place a clean container below your breast to collect milk

3 Massage the breast gently towards the nipple



4 Place your thumb and index finger opposite each other just outside the areola
(Areola is the dark soft circle around the nipple)

5 Now press back towards your chest, then gently squeeze to express milk



6 Repeat step 5 at different positions around the areola