



# Feeding Your Baby



## Breastfeeding

### *How do I express breastmilk?*

Expressing breastmilk is when you release breastmilk from your breasts to store for later use. To express breastmilk:

- Wash all bottles, containers and breast-pump pieces in hot, soapy water and rinse well.
- Air dry on a clean dish towel.
- You may only get a few drops when you express. This will increase as you continue to express several times and your milk supply increases.
- *Hand expression:* Gently press your thumb and fingers back towards your chest wall. Then, compress them together while you move them towards the nipple. Do not squeeze your nipple.
- Rotate your hands around the areola (The dark-coloured skin around the nipple) and breast to help with expression. Alternate breasts every few minutes as your milk flow slows down.