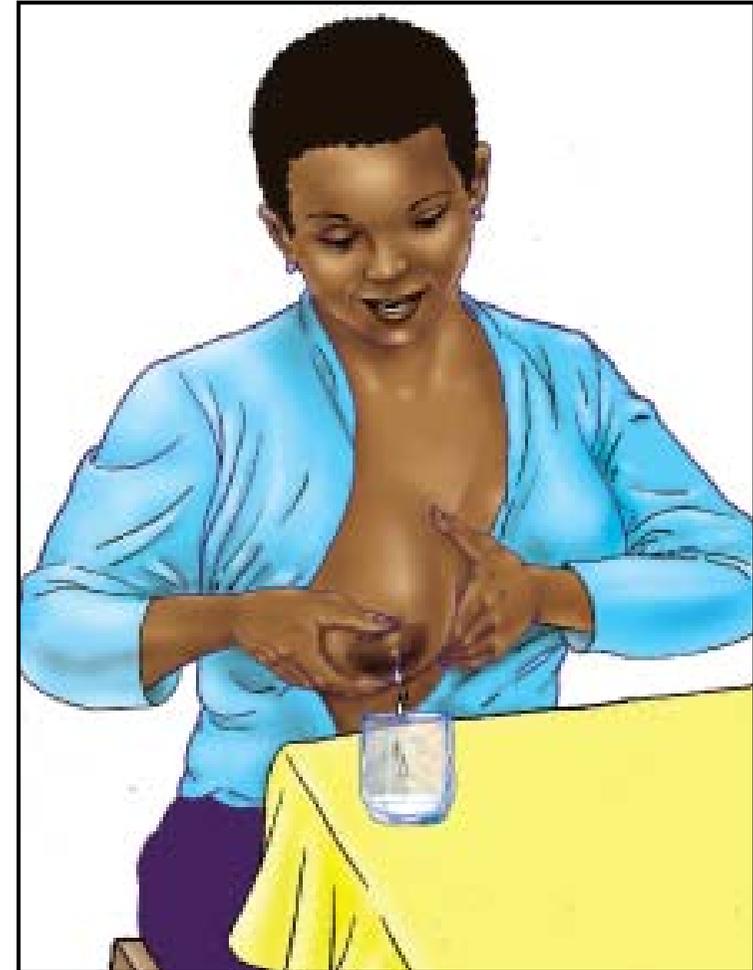


## Cup Feeding Expressed Breast Milk

- You or someone else can feed your baby the expressed milk using a clean open cup. Even a newborn baby learns quickly how to drink from a cup.
- Avoid using bottles or teats. They are difficult to clean and can make your baby sick. They can also confuse your baby, making it more difficult to breast feed.
- If the baby does not drink all of the expressed breast milk during a feeding, throw away what is left in the cup.



## Hand Expressing Breast Milk



## Expressing Breast Milk

- There are many reasons why expressing breast milk is useful and important. You may want to express your milk in the following situations:
- To leave milk for your baby to drink if you have to be away.
- If your breasts are so engorged (swollen) that they are uncomfortable and your baby has difficulty in suckling.
- If your baby is born prematurely or is too small to suckle well.
- To maintain production of breast milk if you or your baby are sick.
- To apply on cracked or sore nipples to help them heal.

## Preparing to Express

- Always wash the cup or jar and its cover with clean water and soap.
- It is always best to boil the utensils to make sure that they are clean.
- Always wash your hands with clean water and soap before and after expressing breast milk.
- Having someone massage your upper back may help to stimulate your milk production.
- Sit in a quiet place. It is sometimes helpful to massage your breast with a warm cloth to stimulate the flow of milk.



## How to Express Breast Milk

- Put your thumb on the breast above the dark area around the nipple. Place your first finger below the nipple and the dark area. Support your breast with your remaining fingers.
- Gently press toward your chest with your thumb and finger together. Continue to compress the breast while moving your hand away from the chest.
- This should not hurt. If it does, then you are not doing it right. Press the same way on each side of the dark area around the nipple in order to empty all parts of the breast. Do not squeeze the nipple itself or rub your fingers over the skin.
- Express one breast for 3 to 5 minutes until the flow slows down and then switch to the other breast. Then do each breast again.
- Change your hands when one hand gets tired. You can use either hand for either breast. It usually takes 20 to 30 minutes to express all of the milk.
- Store your expressed breast milk in a clean covered container until you are ready to feed your baby. Expressed milk can be stored for up to 6 hours in a cool place.

