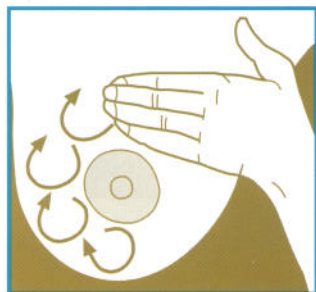
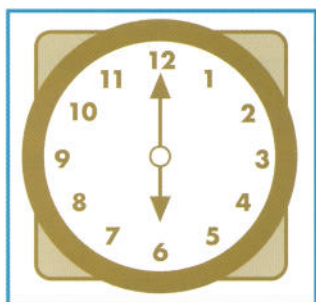


Hand Expression

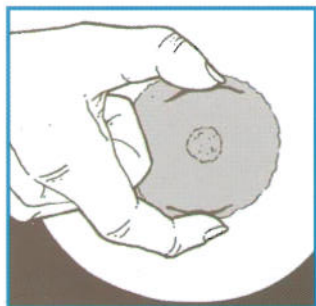
You can get milk out of your breasts without using a pump.



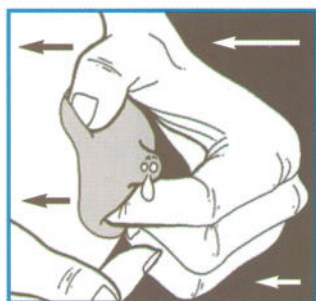
1) Start by gently massaging your breast like you do when you do a breast self-exam.



2) Think of your areola (the circle of dark skin around your nipple) as a clock.



3) Place your thumb at 12 o'clock and the TIP of your index finger at 6 o'clock. Your fingers are in the shape of a C and about two inches apart.



4) Press back into your breast and squeeze together. Hold the squeeze for three to five seconds. Release and press back and squeeze again.

Go around your breast like a clock,
3 o'clock and 9 o'clock, etc., doing the press and squeeze.