



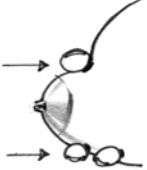
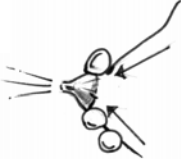


Expressing Breast Milk

You May Need to Express Breast Milk If:

- your breasts are too hard for your baby to latch on
- you want to give your baby breast milk when you are away from your baby
- you need to increase your breast milk supply

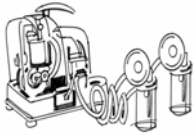

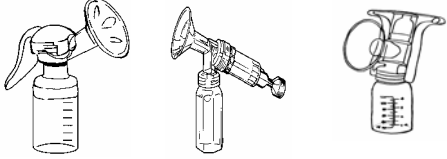
How to Express Breast Milk by Hand

<p>1</p> 	<p>2</p> 	<p>3</p> 
<p>Wash your hands with soap and water.</p>	<p>If your baby is healthy use a clean glass or hard plastic container to express your breast milk into. "Clean" means to wash in hot soapy water, rinse well with hot water and leave to air dry.</p>	<p>Place a warm towel on your breast for a few minutes. Then gently massage your breast towards the nipple. You may also gently roll your nipple between your thumb and finger until the milk leaks.</p>
<p>4</p> 	<p>5</p> 	<p>6</p> 
<p>Place your thumb and first 2 fingers about 1-1/2 inches away from your nipple, or along the edge of the dark area.</p>	<p>Push your thumb and 2 fingers straight back toward your chest.</p>	<p>Roll your thumb and 2 fingers together.</p>

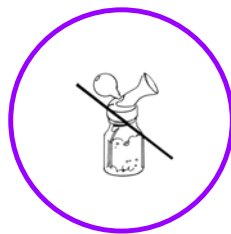
- Repeat steps #4, 5 and 6 until the flow of milk slows down then switch to the other breast.
- Switch breasts a few more times whenever the flow of milk slows down. Be sure to move your thumb and 2 fingers along all areas around your nipple.
- Many mothers find it easier to express in the morning when their breasts feel fullest or after breastfeeding the baby.
- You may only get a few drops when first learning to express. Expressing breast milk will get easier with practice.

Expressing Breast Milk

Types of Breast Pumps

 <p style="text-align: center;">Electric Pump</p>	 <p style="text-align: center;">Battery Operated Pump</p>	 <p style="text-align: center;">Manual Hand Pumps</p>
<ul style="list-style-type: none"> • Best pump to build a breast milk supply if you cannot be with your baby right after birth. • Best pump to keep your breast milk if you need to pump for a long time. • Saves time as both breasts can be pumped at the same time. • Costs the most money to buy or rent. 	<ul style="list-style-type: none"> • Good pump to use if you plan to pump for a short time or only once in awhile. • Can be used with one hand. • Easy to carry. • Need to replace batteries often. It is best to buy one that can also be plugged into an electrical outlet. 	<ul style="list-style-type: none"> • Good pump to use if you plan to pump for a short time or only once in awhile. • Some can be used with one hand, and others with two hands (depends on the type of hand pump). • Easy to carry. • Should not be used by mothers with hand, wrist or arm problems. • Costs the least money.

IMPORTANT!



Do Not Use A Pump With A Rubber Bulb. The suction on this pump is too strong and can damage your nipples. It is also hard to clean.

Follow the Instructions that come with the Breast Pump

For breastfeeding information and support call
Toronto Health Connections
416-338-7600

Monday to Friday
8:30 a.m. – 4:30 p.m.
www.toronto.ca/health