



## Takeaway: Breast Milk Expression and Cup Feeding

### Breast milk expression

Ask the mother to:

- Wash her hands thoroughly → **Hygiene** is very important to avoid contamination!
- Make herself comfortable (back supported, arms resting comfortably)
- Hold a wide necked clean container under her nipple and areola
- **Stimulate breast** with light stroking or gentle circular motion around whole breast
- Place her thumb on top of her breast and the first 2 fingers on the underside of her breast so that they are opposite each other
- With thumb and fingers press back to chest wall, press and hold together (compress) and release
- Repeat the action: press back to chest wall, press and hold together and release. **Note: this should not hurt**
- Compress and release all the way around the breast, with thumb and fingers the same distance from the nipple. Be careful not to squeeze the nipple or to rub the skin or move thumb or finger on the skin
- Express one breast until the flow of milk is very slow; express the other breast
- **Alternate between breasts** 5 or 6 times, for at least 20 to 30 minutes
- **It is best to demonstrate this with the use of the video!**

### BREASTMILK EXPRESSION



Optional video: <https://globalhealthmedia.org/portfolio-items/how-to-express-breastmilk/?portfolioID=5623>, 7:30 min