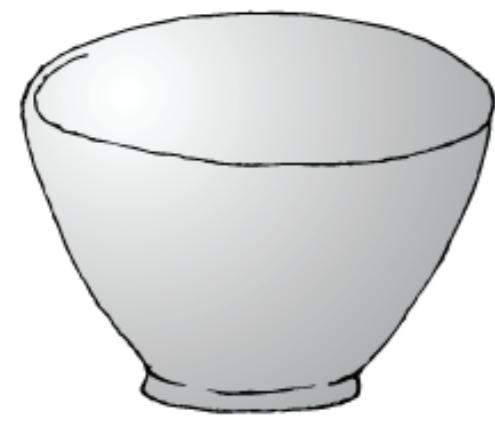


Steps of Expressing Breast Milk By Hand



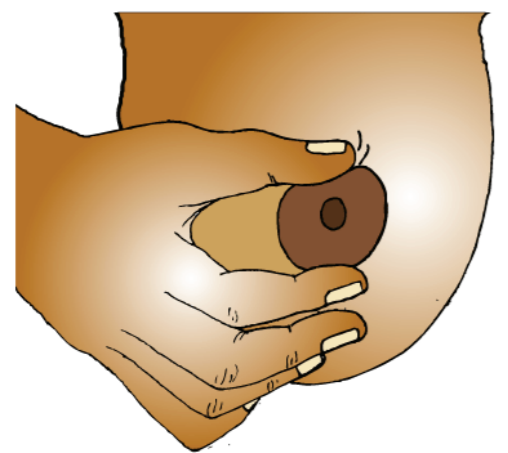
1. Wash your hands well with soap and water



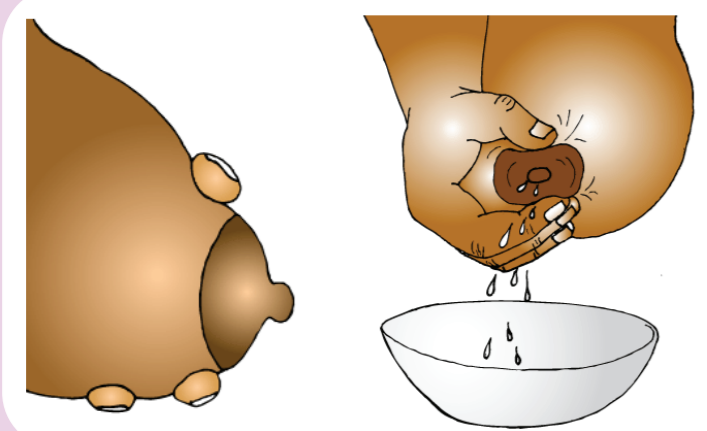
2. Place a clean container below your breast to collect milk



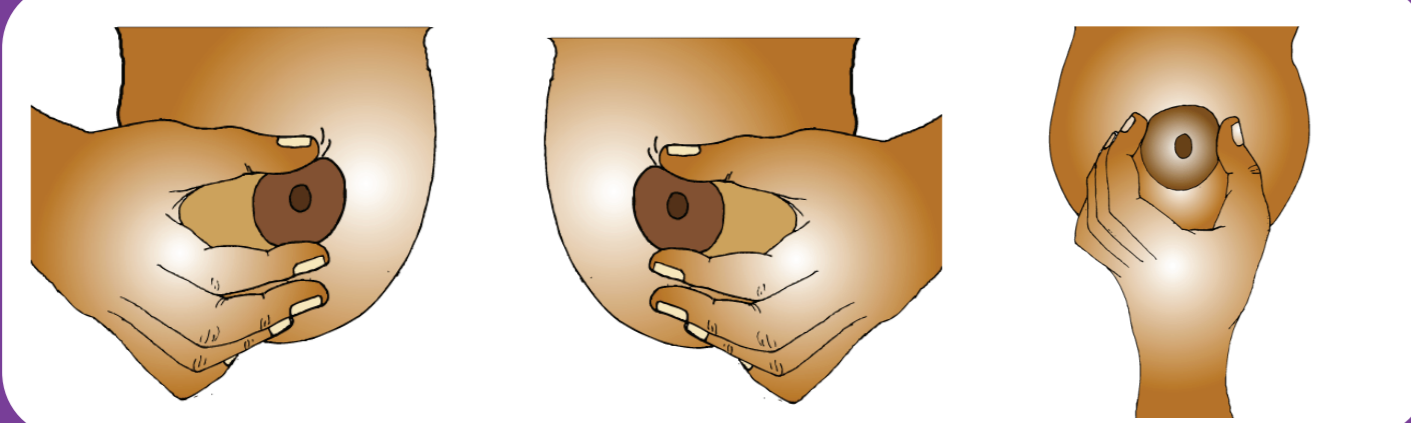
3. Massage the breasts gently toward the nipples



4. Place your thumb and index finger opposite each other just outside the dark circle around the nipple



5. Now press back toward your chest, then gently squeeze to release milk



6. Repeat step 5 at different positions around the areola