



EXPRESSION OF BREAST MILK



1

Wash your hands well with soap and water



2

Place a clean container below your breast to collect milk



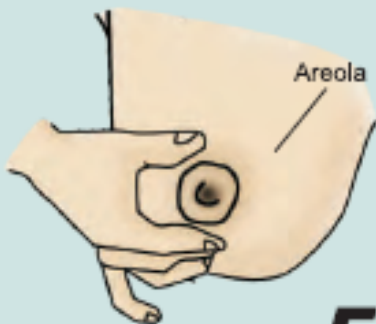
3

Massage the breast gently towards the nipple



4

Place your thumb and index finger opposite each other just outside the areola (Areola is the dark soft circle around the nipple)



5

Now press back towards your chest, then gently squeeze to express milk



6

Repeat step 5 at different positions around the areola

