

# EXPRESSION OF BREAST MILK

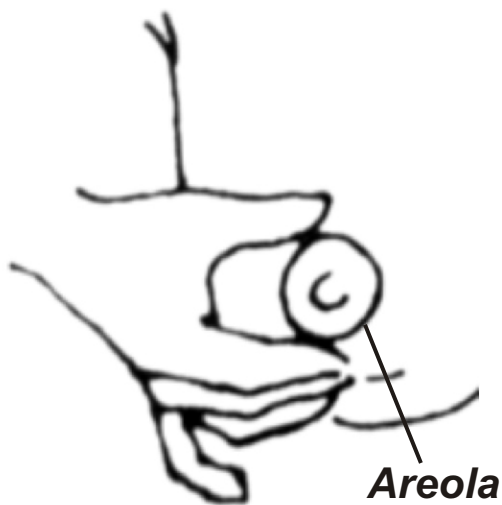


**1** Wash your hands well with soap and water



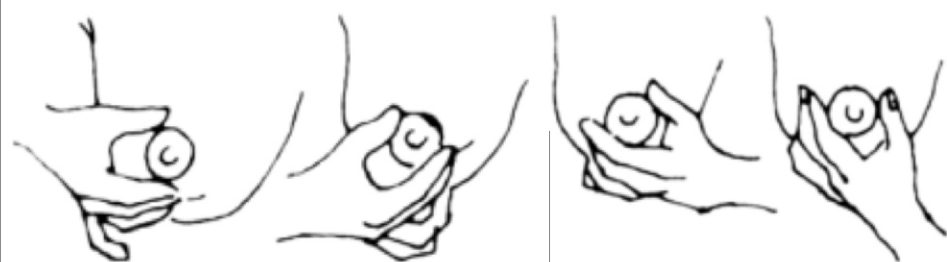
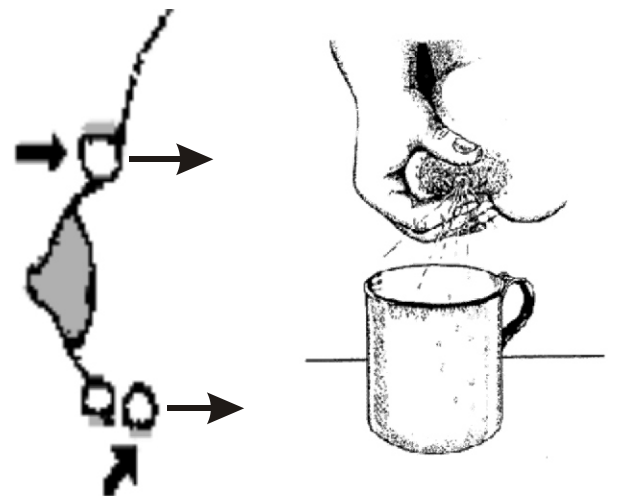
**2** Place a clean container below your breast to collect milk

**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