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.