

## Expressing milk by hand

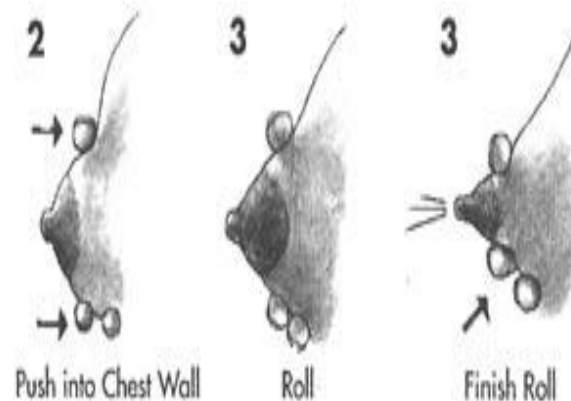
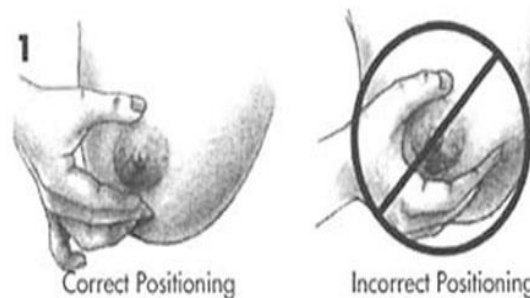
### 用手擠母乳的方法

- ★ Wash your hands , relax , massage and stroke each breast.



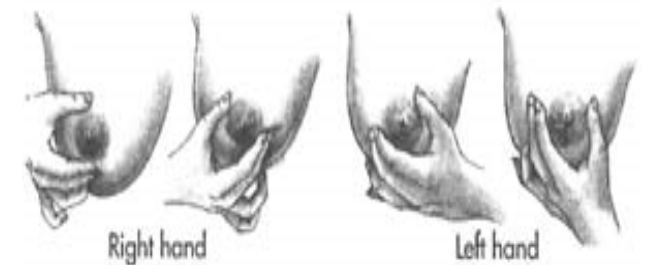
- ★ Place your hand on one breast at the edge of the areola , with the thumb above and other fingers below the areola . Press toward the chest , move your thumb and fingers toward each other

compressing the breast , and then move your hand back toward the nipple in a ‘milking’ action . Repeat these actions in a rhythm .



- ★ Move your hand to reach all part of each breast . Return to the first breast and then the second , continuing 20 minutes or longer on each breast or until enough milk has been expressed .

- ★ To express a lot of milk , use the above actions on each breast until the flow decreases . To express a small amount of milk , spend only a few minutes on each breast .





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用手擠母乳的方法  
(英文版)

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