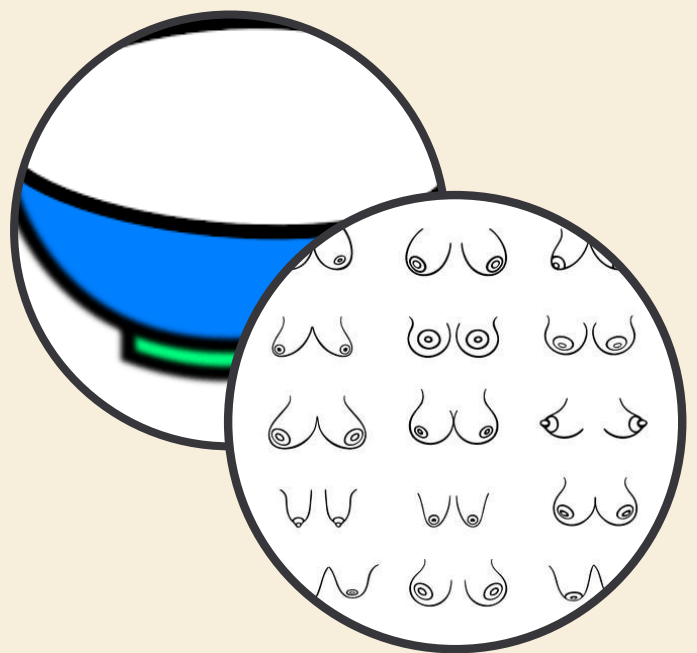


A pocket guide to HAND EXPRESSING BREASTMILK



Step 1
Wash Your
Hands

Step 2
Stay Topless
and/or Bra-less,
have a clean
bowl/basin



Step 3
Gently Massage
your Breasts

Step 4
Press back with
your hand in a
C shape



Step 5
Cup feed if
possible

