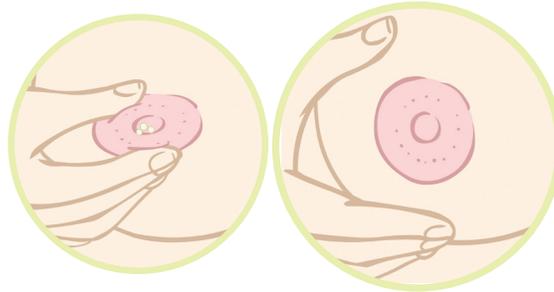


Hand expression of colostrum

Some babies are extra sleepy in the first few days or need more time to practice breastfeeding. If your baby will not feed from your breast, you may need to remove your breastmilk by hand. This is called “hand expression.” Hand expression of colostrum is better than pumping because colostrum can stick to pump parts, so you might not collect as much of it.

To hand express:

1. Wash your hands.
2. Use a clean container with a wide opening or a spoon to collect your colostrum.
3. Hold the container near your nipple. With your other hand, place your fingers and thumb in line with your nipple and about one to two inches away from your nipple.
 - * Press your finger and thumb toward your ribs.
 - * Squeeze gently and catch your milk in the cup.
 - * Relax your hand.
 - * Repeat the process. Press in, squeeze gently, relax, and repeat.
4. It may take a few minutes before you see any colostrum. Your baby only needs about one teaspoon each time you feed him.
5. Ask a nurse or lactation consultant to help you express and feed your colostrum to your baby.



Once you are in your room

- **Ask to keep your baby in your room at all times – day and night.**
- **Feed only breastmilk to your baby. Do not give bottles or pacifiers.**
- **Hold your baby skin-to-skin as much as possible.**

Babies love skin-to-skin contact. Once you are in your room, dress your baby in just a diaper, cap, and socks and hold her against your bare chest. Cover her back with a blanket. Tuck the ends of the blanket behind your own back to keep her snuggled up close to you. You can also put a blanket around your shoulders, too. Skin-to-skin contact with dad is also a great way for dads to bond with their babies.

Holding babies skin-to-skin helps them:

- Breastfeed better
- Cry less
- Recover from the delivery more quickly

