Using Your Hands to Express Your Milk by Dr. Anne Merewood PhD, MPH, IBCLC and Jane Abeel Morton MD FABM

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2  Expressing in the "C" fashion

3  Additional Tips

4  Reassurance

5  Exclusive Pumps

6  Additional Tips (for hospital settings) or Additional Methods

7  Additional Tips for those who do not express milk

References

MIBFN Michigan Breastfeeding Network

www.mibreastfeeding.org