



## Hand-Milking Care Guides

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### I. Advantages of Breast milk :

Breast milk is the best food for newborn babies, because it contain the newborn babies needs in physical and mental needs. According to the WHO, it is suggested that breastfeeding the breast milk for the newborn babies from six month to two years, because breast milk contain nutritional compound, which can avoid the allergic reaction from other milk produce and against the disease.

IN additionally, breast milk is affordable, convenient and beneficial. Breastfeeding allows your baby to receive the maternal love essential for character building in addition to the best nutrition for physical growth. Breastfeeding provides intimacy, which is valuable for a baby's psychological maturing and personality development. Most importantly, breastfeeding is one of the first opportunities to bond with your newborn.

### II. Hand-Milking Times :

Please take the first hand-milking within 6 hours in post-partum and breastfeeding the breast milk on the newborn babies need. Under circumstances where your baby has to be hospitalized, you can take hand-milking once every 2-3 hours (at least 6-8 times hand-milking daily) and store the breast milk inside the refrigerator. Keep the breast milk at a cooling temperature and deliver it to the ward. This way, your baby can still drink breast milk, and you are less likely to encounter reduction in the secretion of breast milk.

### III. Hand-Milking Method :

**Step 1 :** Wash your hands and choose a comfortable position. Place a sterile feeding bottle to approach the breast.

**Step 2 :** Gently massage the entire breast. Form a "C" shape with your hand, encircling the breast (C-hold). Place the thumb on the areola and the other fingers on the opposite side of the areola, supporting the breast. Position the fingers 2-3 centimeters away from the nipple.

**Step 3 :** Gently press the thumb and index finger towards the chest wall, being careful not to press too deeply to avoid blocking the milk ducts. Rhythmically compress the fingers together, then pause. Ensure that the pads of the thumb and index finger remain in place, rolling without moving or sliding. Initially, there may be no milk flow, but after several compressions, milk will start to drip out. If the let-down reflex is active, milk may flow out in streams.



Picture source: Bureau of National Health Insurance website

**Step 4:** Squeeze both sides of the areola in the same way, Perform in a circular way to ensure that the breast milk at the different parts of the breast was squeezed out.

**Step 5 :** Both breasts should be expressed, with each session lasting about 10-20 minutes. For each side, express milk for at least 3-5 minutes until the milk flow slows down, then switch to the other side. Repeat this process several times. You can use the same hand to express the same side of the breast, but if you feel tired, you can switch hands. As you become more skilled, the amount of milk expressed will increase.

If you have any question or suggestion, please contact with us. We are happy to provide you services to you. Contact telephone number: Taipei/Danshui MacKay Memorial Hospital/Children's Hospital: (02)25713760; Hsinchu MacKay Memorial Hospital/Children's Hospital: (03)5745098; Taitung MacKay Memorial Hospital: (089)310150 ext: 311. Time of consultant: 9:00 am~12:00 noon, 2:00 pm~5:00 pm Monday ~ Friday.

**May God Bless You**