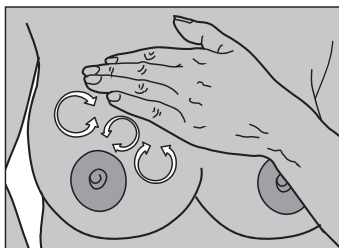


# BREAST MASSAGE AND COMPRESSION

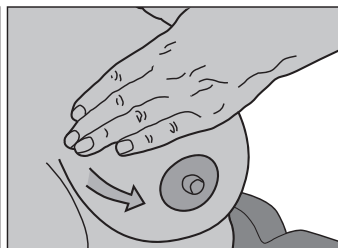
Breastmilk flows easily when a let-down reflex occurs and slowly between these reflexes. The first one usually occurs within 3-2 minutes of the start of the feeding. The baby may stop sucking when the milk slows down. Breast massage and compression can encourage your baby to continue feeding.

## Breast Massage and Compression is Useful for:

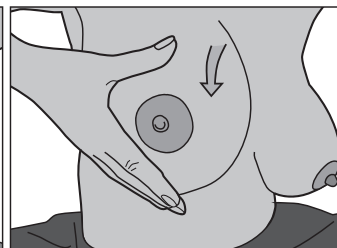
- A sleepy, sluggish baby
- When your baby does not routinely empty your breast
- When your baby stops suckling before the feeding is finished
- Poor weight gain
- When you are pumping
- If you experience plugged ducts or mastitis



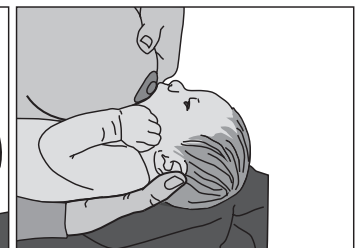
MASSAGE



FLAT OF THE HAND



SIDE OF THE THUMB |  
SQUEEZE NEAR THE CHEST WALL



COMPRESS

### Massage

Firm but gentle massage can be done in the way most comfortable to you:

- Finger tip massage in circles
- Flat of the hand from the outer towards the center of the breast
- Side of the thumb from the outer towards the center of the breast

### Compressions

- Firmly and gently squeeze the breast near the chest wall, not near the nipple.
- Compress when the baby pauses feeding or is suckling but not swallowing. Release and return to massage when your baby begins suckling again.