



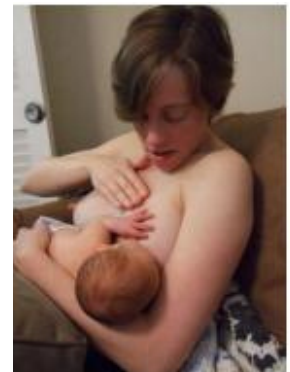
Information for breastfeeding families

Breast Massage and Compression

Breastmilk flows easily when a milk ejection or “let-down” reflex occurs. The first one usually occurs within 2–3 minutes of the start of the feeding. The baby may slow or stop sucking when the milk slows or doesn’t come out quickly. Gentle breast massage and compression can encourage your baby to continue feeding.

Gentle 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.



Gentle Massage

Breast massage should be gentle and comfortable. Like touching your baby’s face.

- Massage from areola towards armpit.
- Massage from base of breast towards nipple.
- Gently tap fingers all around breast.

Compressions

- 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 gentle massage when your baby begins suckling again.

