

Breast Massage and Compression

Breastmilk flows easily when a let-down reflex occurs. The first one usually occurs within 2-3 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 & 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

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.

Compression

- 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.

