

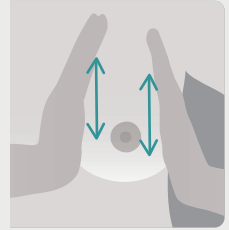
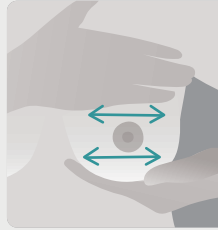
# MILK PRODUCTION



Breast milk is a miracle of nature! To start the flow of milk, your baby suckles on your breast, triggering the let-down reflex. You can stimulate this reflex before breastfeeding or expressing the milk either by hand or with a breast pump, by applying a warm compress and massaging the breast. Breast massages can also help prevent milk ducts blocking. Also, if your breast is very tight and your baby has difficulty latching onto the firm nipple, it can help to massage the breast and express some milk. Your massage should never be painful, so be sure to use gentle and careful movements.

## Breast massage before you start

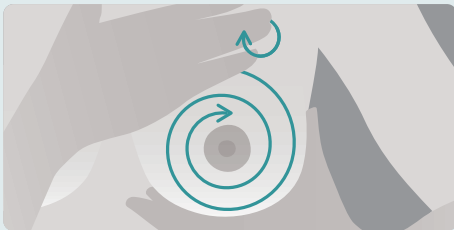
In the first few days after the birth or before expressing, you can stimulate milk production and flow with a breast massage. Take your breast between your palms, then gently press it from side to side. Massage each breast like this for about a minute. Later, to help milk production, you can continue to massage or just stroke your breast with your hand.



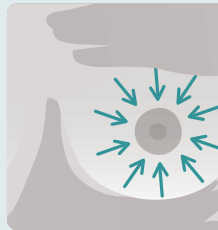
## FOUR STEPS TO MILK PRODUCTION

### Expert tip

If you have a blocked duct: simply massage it away with a mini vibrator, e.g., from Billy Boy ([www.billy-boy.de/mini](http://www.billy-boy.de/mini)). To do this, hold the vibrator on the hardened part and stroke it in the direction of the nipple.



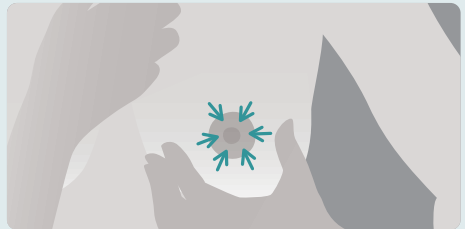
**1. Massage** your breast with your fingertips using **circular movements**. Start at the top of the breast and massage in a **spiral towards the nipple**.



**2. Bend forward** and **massage your breast** with the palm of your hand all the way round towards the nipple.



**3. Place your thumb and index finger** 2-3 cm away from the areola; press in lightly towards your ribcage and pull forward towards the nipple. Repeat these rhythmic, **rolling movements** to encourage the milk to flow to the nipple.



**4. Change the position** of the thumb and index finger around the areola and repeat the rhythmic, rolling movements while pressing lightly. Be gentle and avoid pinching, pulling or squeezing the nipple.