

# *Colostrum Harvesting*

*37 weeks to birth*

## *Prepare*

Wash your hands, get comfortable. You can try showering or taking a bath to warm your breast tissue, or applying warm cloths and gently massaging your breasts to stimulate flow

## *Position*

Cup your breast in a "C" shape with your thumb 1-2 cm above your nipple and your first few fingers 1-2 cm below your nipple

## *Express*

Using your thumb and index finger, gently squeeze the area, then release and repeat in a rhythm. You can also try moving your fingers back and forth a few centimeters until you find the right spot.

Don't squeeze too quickly, instead squeeze slowly and keep pressure in one place to encourage milk flow

## *Collect*

When drops appear on your nipple, catch them in a sterile container using a sterilized syringe.

If needed, you can transfer the colostrum to a larger sterile container

# Hand Expression

## Step by Step

### Step 1

Begin with a gentle lymphatic massage.



### Step 2

Place your thumb and pointer finger around the outside of your areola. To make a "C" shape.



### Step 3

Press your finger and thumb gently back toward the chest wall.



### Step 4

Compress your finger and thumb together.



### Step 5

Release.

### Step 6

REPEAT. Move your hands around your breast as needed. Switch between breasts frequently.

