

# Hand Expression

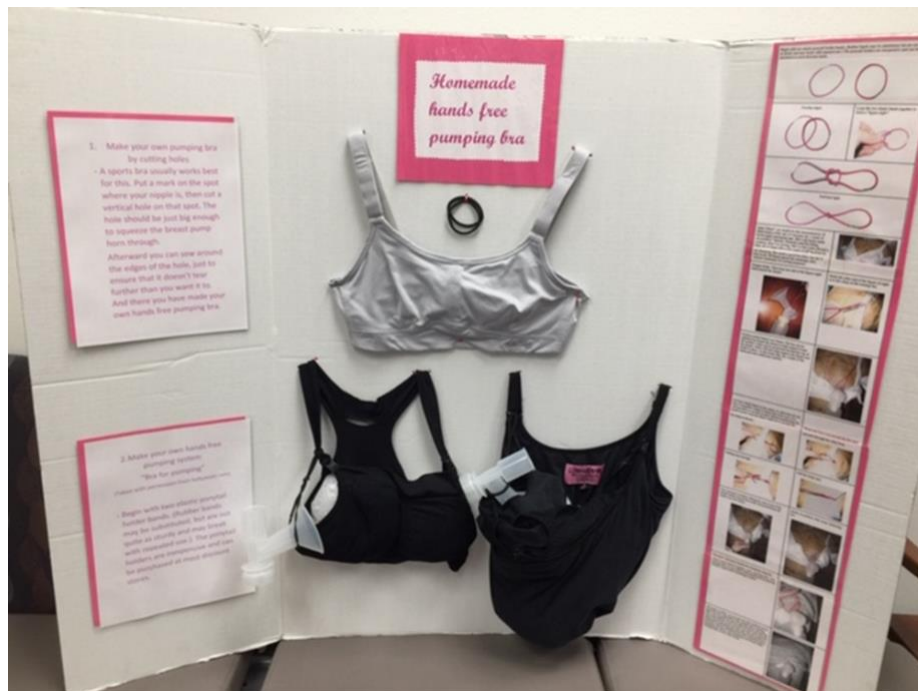
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## Training Goal:

Attendees should be able to demonstrate the steps for effective hand expression, using hand-expression training model and hands-free pumping bra.

## Content:

- Describe the benefits of hand expression.
- Research review on:
  - Increased milk volume with hand expression
  - Hands on pumping
- Demonstrate the steps to effective hand expression using the hand expression model.
- Poster presentation: How to Create a Hands-free Pumping Bra.



## Implementation:

- Use true/false quiz in power point to assess the participants' baseline knowledge of hand expression
- View the poster presentation of how to create a hands-free pumping bra

- Allow a volunteer from group to demonstrate hands on pumping with a cloth breast model and hands-free pumping bra
- Allow students to each practice hand expression with hand expression model
- Facilitate discussion and Q&A regarding hand expression and hands-on pumping

## Resources:

### Video clips:

- University of San Diego and Dr. Jane Morton:
  - [Hand expression](#)
  - [Hands-on-pumping](#)
  - FirstDroplets.com
- [KellyMom.com](#)
  - [Hands Free Pumping](#)

### Research articles by Dr. Jane Morton including:

- [Mothers Who use “Hands-On” Technique See Increase in Milk Production](#)
- [Combining Hand Techniques with Electric Pumps Increases the Caloric Content of Milk in Mothers Of Preterm Infants.](#)
- [Bedside Breastfeeding Care](#)
- [Hands-On or Hands-Off When First Milk Matters Most](#)
- [Rethinking Bedside Care: A Shared Sustainable and Proactive Model](#)

### Other articles:

- Research article published in Pediatrics 2013 by EA Wagner, CJ Chantry, KG Dewey, LA Nommsen-Rivers: [Breastfeeding Concerns at 3 and 7 Days Postpartum and Feeding Status at 2 Months.](#)

## Supplies:

- Hand expression model, cloth breast model and hands-free pumping bra.