



About here – finger and thumb opposite each other and in line with the nipple – ready to compress the ducts.



Compress and hold.....









It is worth trying to rotate the finger and thumb around the breast, when the flow slows, to see if it works that way too.







Not too close – this will hurt and she won't get much milk or colostrum



This won't work either – too far back on the breast – ducts are about 30mm back from the nipple