



A GUIDE TO BREAST COMPRESSIONS



BREAST COMPRESSION

Breast compression, also known as the squeeze technique, is a simple yet powerful method to enhance your breastfeeding experience. Here's all you need to know in a nutshell:

WHAT IS IT?

Breast compression involves gently squeezing or massaging your breast while your baby latches or during pumping sessions. It's like a secret handshake between you and your milkmakers!

Remember it is called Breast Compression not Nipple Compression

WHY SHOULD YOU TRY IT?

- **Wake up a sleepy baby:**

If your little one is dozing off during nursing, breast compression can increase milk flow and keep them alert and active.

- **Soothe a fussy feeder:**

When your baby gets fussy, breast compression can bring them comfort by reducing milk flow to a manageable level.

For more info, reach out to www.thefirstparents.com

the
first
parentsTM

WHY SHOULD YOU TRY IT?

- **Empty your breasts effectively:**

Breast compression ensures that your breasts are thoroughly emptied, whether you're nursing or pumping. It maximizes milk production and helps boost your supply.



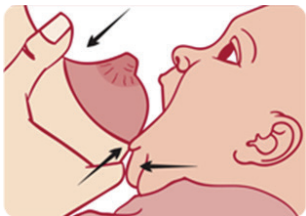
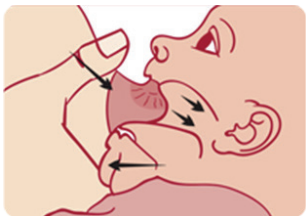
HOW TO DO IT?

- **Use a gentle squeeze:**

Create a "C" or "U" shape with your fingers and apply light pressure on your breast not the nipple

For more info, reach out to www.thefirstparents.com





Follow your baby's cues:

You'll know you're doing it right when your baby starts drinking again or your pump yields more milk.

For more info, reach out to www.thefirstparents.com





Explore different areas:

Remember, milk glands are spread throughout your breast. If one area feels "empty" or unresponsive, change your hand position and try again. Don't forget the sides and bottom of your breast.

the
first
parents

So, embrace the power of breast compression and witness the wonders it brings to your breastfeeding journey. Give your bosom buddies a gentle squeeze and unleash the magic within!

For more info, reach out to www.thefirstparents.com

the
first
parentsTM