

Hand Expression.

Hand expressing your milk in the early days may be beneficial to relieve breast fullness and stimulate milk production which will provide milk for your baby.

Here is a great article by a well-known Lactation Consultant, Nancy Morhbacher on hand expression: [Hand expression article](#)

Below are two fantastic videos on how to begin expressing:

[Expressing - Video 1](#)

[Expressing - Video 2](#)