



FÉDÉRATION  
Nourri-  
Source

# TECHNIQUE OF BREAST COMPRESSION

- During a feeding, when the baby stops sucking, "suckles" or dozes off, compression can stimulate the baby's suckling and thus increase the flow of milk received.
- Breast compression is recommended during the colostrum phase to stimulate production, limit weight loss and compensate for feeds that may be less effective at the beginning of breastfeeding.

## When to use compression:

- Sleepy baby
- Slow weight gain
- Insufficient or decreased production
- Growth spurts
- Unblocking a blocked duct



## Technique

- 1- Form a pinch with your hand: thumb on top and all other fingers underneath
- 2- Press the breast away from the areola, close to the ribs, hold the compression for 5 to 10 seconds, release, and then again. The baby will get more milk and should start sucking again actively
- 3- Vary the compressed area in order to solicit different areas
- 4- When the compression no longer seems to be working, change breasts and try again, start again

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[www.nourri-source.org](http://www.nourri-source.org)

REFERENCE: LE PETIT NOURRI-SOURCE

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