



BREASTFEEDING AT THE WOMEN'S CENTER

The Women's Center in the Office of SJICR has a designated lactation room with space to store breastmilk while you are on campus. Located at **Hawthorn Hall Room 208**, this room is a comfortable, quiet, and private space, with a sink.

Please ask someone at the front desk for additional information regarding our breastfeeding resources.

SJICR Hours:

Mon-Thurs		8:30am-9:30pm
Fri		8:30am-6:30pm



STORING BREASTMILK AT THE WOMEN'S CENTER



Write your name and the date on the storage container, and use the refrigerator located in the Lounge and Lactation Room. Please remember to collect your breast milk before 6PM on Fridays. **We will empty the refrigerator every week on Fridays at 6PM.**



Hand Expression instructions and Tips on the other side

INSTRUCTIONS FOR HAND EXPRESSION

1. Wash your hands.
2. Use a clean container with a wide opening to collect your milk.
3. Massage your breast to help increase the amount of milk you express:
Place one hand under your breast for support.
Apply gentle pressure using a circular motion with your other hand.
Massage from several starting points, always working from the chest toward the nipple. Repeat on your other breast.
Gently shaking your breasts while leaning forward may also help get your milk flowing.
4. Hand express into the container:
Hold the clean container near your breast.
With your other hand place your fingers and thumb about one to two inches away from the base of your nipple.
Press in toward your ribs. Squeeze gently into the center of your breast, then relax your hand. Repeat.
The milk will not flow quickly at first but keep going and your milk should begin to drip.

TIPS

If you are finding it hard to hand express milk, relax and take a couple of deep breaths. Sometimes, looking at a photo of your child or picturing them in your mind can help you express more milk. **Expressing your milk gets easier with practice.** Don't be discouraged if you can only express a small amount in the first few days.

For more information and resources on breastfeeding:
www.njparentlink.nj.gov/njparentlink/health/breastfeeding/

