

Maternity

Breast compressions

Why might I need to do breast compressions?

Breast compressions are sometimes used during breastfeeding to help more milk flow to your baby. Before trying breast compressions, talk to a midwife or maternity support worker. They can check that your baby is well and show you how to do it safely.

Breast compressions may help if:

- Your baby is not gaining weight
- Your baby does not have enough wet or dirty nappies
- Your baby had very long or frequent feeds
- You often get blocked milk ducts or mastitis
- You want to make more milk
- Your baby falls asleep during a feed and needs help to keep feeding

How to do breast compression

1. Relax and get comfortable. Gently massage your breast first.
2. When you feel ready, help your baby latch onto the breast and start breastfeeding as usual.
3. When your baby is feeding well, use your free hand to hold your breast in a 'C' shape, about 5cm from the nipple.
4. Gently squeeze the breast tissue. It should not hurt. Try not to change the shape of the nipple, because this can make it harder for your baby to stay latched.



Patient Information

5. When you squeeze, milk should flow, and you may see your baby swallowing.
6. Hold that pressure until your baby stops swallowing, then release your hand.
7. Your baby may stop for a moment but usually starts sucking again when the milk flows. Releasing the squeeze lets your hands rest and helps the milk flow again.
8. Repeat this while your baby is feeding.
9. When your baby finishes on one side, you can offer the other breast and repeat the same steps.

Important

You can use this technique during breastfeeding if needed but do not use it too much or at all if you already have too much milk or a very fast flow, because it may make the problem worse.

If you have any questions or concerns about yours or your baby's health, speak to your midwife.



Cross Cradle Position

(images taken within the trust)

Rugby Ball Position

Patient Information

Useful Contact Numbers

These phone numbers and links will connect you to breastfeeding support services in Coventry and Warwickshire and across the UK.

- La Leche League: 0845 1202918
- National Childbirth Trust: 0300 330 0771
- Breastfeeding Network: 0300100 0210
- Association of Breastfeeding Mothers: 08444 122 949
- National Breastfeeding Helpline: 0300 100 0212

Local support

- UHCW Infant Feeding Support Team: <https://linktr.ee/uhcwinfantfeeding>
- NHS Coventry Infant Feeding Team: <https://linktr.ee/coventryift>
- Infant Feeding Team Nuneaton, Bedworth, North Warwickshire and Rugby: <https://linktr.ee/nhswarwickshirebreastfeeding>
- Baby Buddy App (available on Apple and Android devices)
- Anya App (available on Apple and Android devices)

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 02476967315 and we will do our best to meet your needs.

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