

No requirement for power sources to express breast milk using hands





Easy cleaning and hassle-free preparation

Helps to soften the breast before nursing





Reduces the risk of breast engorgement by relieving pressure

Reduces the risk of sore nipples as you have control over the compression





More economical and cost-effective than buying a breast pump

Mom Junction

 $\begin{array}{l} \textbf{Source:} \ \underline{\text{https://www.momjunction.com/articles/advantages-of-expressing-breast-milk-by-hand} \underline{\text{00101105/}} \\ \end{array}$