



Department of
Health

Women, Infants, and
Children Program (WIC)

Hand Expression Virtual Resource

Instruct families to click the **DOWNLOAD** button to access the resource.

Hand Expression (English)

<https://odh.ohio.gov/know-our-programs/women-infants-children/media/hand-expression-english>



Extracción Manual (Spanish)

<https://odh.ohio.gov/know-our-programs/women-infants-children/media/hand-expression-spanish>



Expression manuelle du lait (French)

<https://odh.ohio.gov/know-our-programs/women-infants-children/media/hand-expression-french>



دي لآب يد ثل راصتعا (Arabic)

<https://odh.ohio.gov/know-our-programs/women-infants-children/media/hand-expression-arabic>



手动挤奶 (Mandarin)

<https://odh.ohio.gov/know-our-programs/women-infants-children/media/hand-expression-mandarin>



सुतन नचिचौरेरदुध नचिकालने तरिका (Nepali)

<https://odh.ohio.gov/know-our-programs/women-infants-children/media/hand-expression-nepali>



Isticmalka gacanta si nasaha canaha loga saro (Somali)

<https://odh.ohio.gov/know-our-programs/women-infants-children/media/hand-expression-somali>



Kukamua kwa Mkono (Swahili)

<https://odh.ohio.gov/know-our-programs/women-infants-children/media/hand-expression-swahili>



Ekspresyon men (Haitian Creole)

<https://odh.ohio.gov/know-our-programs/women-infants-children/media/hand-expression-haitiancreole>



WIC Breastfeeding Support

<https://wicbreastfeeding.fns.usda.gov/>

