

EXCLUSIVE PUMPING FOR YOUR BREASTFED BABY

WHAT IS EXCLUSIVE PUMPING?

The American Academy of Pediatrics encourages moms to provide only breastmilk for the first six months of baby's life for the best health. Breastmilk should be the main food during the first year of life. Continue to give breastmilk until baby turns 2 years or older, as desired by both you and baby. For a variety of reasons a mother may need to or choose to pump her breastmilk for her baby. You can be successful with breastfeeding in this way!

GETTING STARTED

- Begin pumping within the first hour after delivery
- A hospital grade double electric pump will help you establish your milk supply in the early days
- Pump at least 8-12 times in 24 hours, and go no more than 3 hours between pumpings during the day and no more than 5 hours during the night
- Your pumping session should last between 15-20 minutes to avoid sore nipples
- Hand expression following your pumping session will help maintain your milk supply - See video link
- Use your hands while pumping - See video link

CORRECT FLANGE FIT

Pumping should feel comfortable. You will feel a gentle tug pull when using your pump.

Good Fit

Nipple will move freely with a small amount of space around it. Some of the areola will be pulled in. It should not rub the inside of the flange tunnel.

Too Small

If you notice your nipples rubbing the inside of the tunnel during pumping, this means that the flange is too small and you'll want to switch to a larger size.

Too Big

If your nipple and a large amount of your areola are pulled into the tunnel this means that the flange is too large and you will want to move to a smaller size.



INCREASING YOUR SUPPLY

Milk supply is determined by how often you remove milk from your breasts.

Here are some tips for increasing your supply:

- Add an extra pumping or two- throughout the day
- Try “power pumping”. Pump for 5-10 minutes every hour or as often as possible between pumping sessions for one day
- Relax and think of your baby while pumping
- Hold your baby skin-to-skin
- Eat a healthy diet that includes a variety of fruits and vegetables
- Drink water and other beverages that do not contain sugar when you are thirsty

DID YOU KNOW?

- Babies often drink less breastmilk per bottle feeding than formula
- Most babies take 19-30 of breastmilk per day from 1-6 months of age
- Breastmilk takes about 90 minutes to digest. So feedings should be between 1.5-3 hours apart
- Full milk production will happen at 7-10 days postpartum, with goal milk production of 25oz in 24 hours

TIPS AND TRICKS

- Milk production is often highest in the early morning hours - don't skip this pumping!
- Use a pumping bra or cut holes in a sports bra to hold your pump in place.
- Rinse your flanges immediately after pumping and put them in a clean plastic bag in the refrigerator. You can wash/sanitize them at the end of the day instead of after each pumping session.
- More power isn't better- pump at a comfortable suction level. Take some time to get to know your pump and experiment with the different settings. If you need help, call the WIC office!
- Many moms find smelling a worn onesie or looking at pictures or videos of their baby while pumping helps their milk flow

VIDEO LINKS

Hands-on pumping - <https://www.wichealth.org/Member/Resource?id=10304&languageId=1>

Hand expression of breastmilk - <https://www.wichealth.org/Member/Resource?id=4943&languageId=1>

CDC breastmilk storage guidelines - https://www.cdc.gov/breastfeeding/pdf/preparation-of-breast-milk_H.pdf



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