

YOUR GUIDE TO

PUMPING and BOTTLE FEEDING





Many breastfeeding moms enjoy the option of pumping and bottle feeding their milk.

Having bottle feeding as an option is helpful when you need someone else to care for your baby.

This guide will help you learn how to pump, how to clean your bottles and pump parts, and how to safely store your breastmilk.

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PUMPING

How to Use a Pump

How Your Pump Works

- All pumps have two functions, speed and suction. These imitate what a baby does when they are breastfeeding. Babies first suck quickly to make milk flow, then slowly when they are drinking.
- To imitate the baby, set the speed of your pump to a faster setting when you have little or no milk flowing, then decrease the speed when the milk begins to flow.
- The suction should feel like a gentle pull or tug on your nipple and never be uncomfortable. Turning the suction up all the way is not recommended, as this can be painful. When in pain, your body tenses up and milk does not flow as easily. The high suction can also damage your nipples.



Flange Fit

A good flange fit is important to pumping success. If your flange is too big or small, pumping may hurt, and you will probably not see much milk.

Good Fit

In a good fit, you will see your nipple moving freely with a small cushion of air around it. If your nipples are gently brushing inside of the flange tunnel without any discomfort, this may still be the correct size.

Too Small

However, if your nipples are rubbing or dragging inside of the tunnel in an uncomfortable way, this means your flange is too small and you need a larger size.

Too Big

If there is a lot of air space around your nipple and you notice your areola being pulled into the tunnel in an uncomfortable way, this means your flange is too large and you need a smaller size.

If you are unsure about getting the right flange fit, ask your local WIC office for help.

When to Begin Pumping

- For most moms, it is not necessary to pump for the first few weeks. Breastfeeding your baby on demand is a great way to build a strong milk supply.
- A good time to begin pumping and introducing the bottle is when your baby is around 3 to 4 weeks old, or one to two weeks before you return to work or school – whichever is sooner.
- Try not to wait longer than five or six weeks to start pumping, as it can be harder for babies to get used to a bottle after this time.

Pumping while pregnant is not necessary. Due to your pregnancy hormones, which suppress your lactation hormones, you will likely not see more than a few drops of colostrum at a time. Talk to your health care provider if you have questions about pumping while pregnant.

“It’s important to know that the amount of breastmilk you pump is not necessarily the same as what your baby gets at each feeding. Pumping takes practice. A baby who is nursing well will remove more milk from your breast than a pump can.”

- Michelle P., WIC IBCLC

Getting Started

- Choose a time at least once per day when you will be able to pump.
- Many moms find that pumping in the morning after breastfeeding works well.
- When your baby has finished breastfeeding, pump both breasts at the same time for 15 minutes. This is called “double pumping.”
- It’s normal not to see much milk the first few days. Keep the pump running for the full 15 minutes, as this tells your body to make more milk.
- After three to five days of pumping at least once per day, you will start to see more milk filling your bottles.
- If you want help developing a pumping schedule, please call the free 24/7 Texas Lactation Support Hotline at 855-550-6667 or ask your local WIC office for help.

Exclusive Pumping

- Exclusive pumping means that you do not feed your baby directly from your breast. Instead, you pump breastmilk and bottle feed your baby.
- To get a full supply of milk while exclusively pumping, you will most likely need to pump at least eight times every 24 hours.
- One pumping session is 15 minutes of double pumping.
- Mothers who exclusively pump can also use hand expression during the early days to help build a strong milk supply.



BOTTLE FEEDING

When to Begin Bottle Feeding

If possible, focus on breastfeeding for the first few weeks. This helps build a strong milk supply and allows you and your baby to feel confident with breastfeeding.

Introduce the bottle when your baby is around 4 weeks old or two weeks before returning to work or school, whichever is sooner.

Some babies who aren't introduced to the bottle before 6 weeks of age may refuse it and introducing it a couple of weeks earlier may help avoid this problem.



Paced Bottle Feeding

Paced bottle feeding is a way to feed from a bottle that gives your baby more control over the milk flow and how much she eats. Paced feeding better mimics breastfeeding and can help you switch more easily between breast and bottle. It can also help reduce overfeeding. Encourage your baby's caregivers to use this preferred feeding method so that bottle feeding is as much like breastfeeding as possible.

Steps to Pacing a Bottle-Feed:

1. Hold your baby in an upright position.
2. Touch your baby's lip with the bottle nipple and wait for him to open his mouth (never force your baby's mouth open).
3. Hold the bottle as horizontally as possible, which slows down the flow of the milk. It's OK if a little air is in the nipple.
4. Your baby should latch deeply to the bottle. You may find that a longer, thinner bottle nipple works well for a deep latch.
5. Your baby will begin drinking. After about five to 10 seconds, give her a break. You can either lower the bottle nipple, so milk no longer flows or take it out of her mouth and rest the nipple on her cheek. Your baby will start sucking or looking for the bottle when she is ready to continue.
6. Take a burping break after every ounce.
7. The feeding is over when your baby gives you "I'm full" cues. Never force your baby to finish the milk in the bottle.

The bottle feeding should take at least 15 minutes, as that's how long it takes a baby's brain to receive the "I'm full" signal from their tummy. If you find it is going faster than this, slow down the pace or take more burping breaks to stretch out the feeding.

Your Baby's Bottle Feeding Language

Paying attention to what your baby is telling you is an important part of bottle feeding. It lets you know when your baby is hungry or full or when they need a break. Responding to your baby's cues helps prevent common bottle feeding problems like overfeeding and upset tummies.



“I’m ready to eat” cues include:

- Turning his head to look for your breast or a bottle.
- Sucking on his hands.
- Smacking his lips.



“I need a break” cues include:

- Tensing her body or arching her back.
- Opening their eyes widely.
- Making a worried face.
- Holding out her hands in a “stop” sign.
- Milk dribbling out of her mouth.
- Coughing or sputtering.



“I’m full” cues include:

- No longer sucking.
- Turning his head away.
- Letting go of the breast or bottle nipple.
- Looking satisfied or falling asleep.

FAQs About Bottle Feeding Breastmilk

How Much Milk to Put in the Bottle

Most babies over 4 weeks old will take between 3 and 5 ounces of milk in place of a breastfeeding session. A baby who is only getting bottles will drink about eight bottles a day, taking in an average of 24 to 36 ounces every 24 hours. Using the paced bottle feeding technique can help you feel confident your baby is getting what she needs. Your pediatrician also helps you know if your baby is eating the right amount by tracking the weight gain over time.

Your Milk Supply

Your milk supply is based on your baby's demand. While your baby takes milk out of the breast, your body receives a signal to make more. The more often your baby breastfeeds (or you pump), the stronger the "make milk" signal is and the more milk you will make. Likewise, the less often your baby breastfeeds (or you pump), the less milk you will make.

Storing Breastmilk

Once your baby is finished feeding, you'll need to use the leftover breastmilk within 2 hours. The first time you offer the bottle, it's a good idea to start with 1 ounce and add more as your baby adjusts. Learning your baby's feeding cues can help you give just the right amount of milk.

STORAGE METHOD	USE WITHIN
Countertop/Room Temperature (up to 77° F)	4 hours
Insulated Cooler Bag with Ice Packs	24 hours
Refrigerator	4 days
Freezer Section of Refrigerator	2 weeks
Freezer with Separate Door	6 months
Deep Freezer	12 months



Washing Pump and Bottle Parts

The CDC recommends washing your pump and bottle parts after every use.

After each use:

Take apart and separate all parts that come into contact with breast or breastmilk.

After pumping, this includes flanges, valves, membranes, connectors and milk collection bottles. If you have an open-system pump, clean the tubing according to the manufacturer's instructions. If you have a closed-system pump, you don't need to wash your tubing as it doesn't come in contact with the milk.

After bottle feeding, this includes the nipple, nipple ring, bottle cap and bottle.

Rinse breast pump and bottle parts that come into contact with breast or breastmilk under running water to remove remaining milk.



Clean by hand or in the dishwasher.

If cleaning by hand:

1. Place items in a basin used only for infant feeding items, not directly into the sink.
2. Fill basin with hot soapy water.
3. Scrub items using a clean brush that is used only for infant feeding items.
4. If washing after bottle feeding, squeeze water through nipple hole to ensure it gets cleaned.
5. Rinse items again under running water.
6. Place bottle parts, basin and bottle brush on a clean, unused dish towel or paper towel and allow to air dry.

If cleaning in the dishwasher:

1. Place all items in the dishwasher. Use a closed basket for small items like valves so they don't get lost.
2. If possible, run the dishwasher using a hot water and heated drying cycle (or sanitizing setting).
3. Remove items from dishwasher with clean hands. If needed, place items on a clean, unused dish towel or paper towels and allow to air dry.



Sanitizing Pump Parts

Refer to your pump's manual to see if there is guidance specific to your pump. The CDC recommends daily sanitization of bottles and pump parts for premature or sick babies and any baby under 2 months old. Talk to your pediatrician if you have questions about pump and bottle sanitization.

Note: *If you use a dishwasher with hot water and a heated drying cycle (or sanitizing setting) to clean infant feeding items, a separate sanitizing step is not necessary*

To sanitize:

- After cleaning by hand, place disassembled breast pump items and bottle parts that are safe to boil in a large pot and cover with water.
- Boil for 5 minutes.
- Remove items from the pot with tongs and place them on a clean, unused dish towel, paper towel or dish rack to air dry.



Watch our video,
Bottle Feeding the Breastfed Baby

WIC is Here to Help

WIC is here to help you meet your breastfeeding goals.

If you need help maintaining your supply or coming up with a feeding plan, please talk to someone at your local WIC office or call the free 24/7 Texas Lactation Support Hotline at 855-550-6667.



For more information on how to bottle feed your breastfed baby,
visit [BreastmilkCounts.com](https://www.BreastmilkCounts.com).

RESOURCES

Texas Lactation Support Hotline

855-550-6667

BreastmilkCounts.com

Texas Lactation Support Centers:

BreastmilkCounts.com/get-help/need-help-breastfeeding/

Visit our website at **TexasWIC.org**.



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