

PUMPING CHEAT SHEET

Getting Started

- Wash hands before pumping
- Make sure pump parts are clean & fully dry
- Use the correct flange size for comfort and milk removal
- Try to relax—stress can impact letdown

Tips for Better Output

- Use heat before pumping
- Gentle breast massage before & compressions during sessions
- Look at photos/videos of baby to encourage letdown
- Stay hydrated and nourished
- Consistency is key

Power Pumping

(Mimics cluster feeding)

Example:

- Pump 20
- Rest 10
- Pump 10
- Rest 10
- Pump 10
- Try once daily (preferably early morning or late evening) for 5–7 days

Clean Pump Parts

- Wash parts after each use with warm soapy water
- Do not place pump parts in the sink
- Allow parts to dry completely



How Often Should I Pump

Newborn (0–12 weeks)

- Pump every 2–3 hours
- Aim for 8–12 milk removals in 24 hours

Returning to work

- Pump about every 3 hours while away from baby

Building Supply

- Aim for consistent & frequent milk removal
- Avoid skipping pumping sessions
- Add in one extra pumping session if needed
- Use hands-on pumping techniques like massage and compressions

How Long Should I Pump?

- Typically 15–20 minutes
- Pump 2–5 min after milk stops flowing
- Double pumping may save time and increase output

Milk Storage Guidelines

Freshly Expressed Breast Milk

- Room temp: up to 4 hours
- Refrigerator: up to 4 days
- Freezer: 6–12 months

Refrigerated Breast Milk

- Warm gently by placing bottle in warm water
- Swirl milk gently to mix separated fat layers
- Do not microwave breast milk

After Baby Starts Bottle

- Breast milk should be used within 2 hours after baby begins feeding from the bottle

Thawing Milk

- Thaw in fridge overnight or under warm running water
- Never refreeze thawed breast milk