

How often do I need to pump?

Most moms need to pump at least 1 time during every 3 hours that they are away from their babies:

- If you are working full time or in school (6-8hrs):
 - Pump at least 2 times.
- If you are just learning how to use a breast pump or pumping to get ready for your first days away, try to pump:
 - While you are breastfeeding.
 - Pump before breastfeeding.
 - Between feedings (at least an hour after you have finished breastfeeding).
- Most moms are able to pump more milk in the morning.

Helpful ideas to get your milk flowing!

- Find a comfortable place to pump.
- Massage your breasts by gently rubbing your fingers in little circles around your breast before pumping.
- Try warm, moist heat from a washcloth or a heat pack. You can use the microwave to warm a wet washcloth; just don't get it too hot!!!
- Pump one breast while your baby is nursing on the other (you may need someone to help you hold the baby or the breast pump).
- Pump before breastfeeding your baby.
- Have a picture or item of your baby's around while you are pumping, this will help you think of your baby and may help your milk flow better.
- Try not to feel rushed and relax as much as possible.

Helpful Hints:

- Start pumping about 1 or 2 weeks before you are planning to be away from your baby. This will give you time to get used to pumping and you can store some milk for the first day or two you are away.
- Think about how long you will be away from your baby each day and plan when and where you will pump. This will help make the transition away from your baby a little easier.

If you have any questions or problems with your breast pump, please ask. We want you to be able to provide the best for your baby while you are away! Pumping may take some extra time and planning, but it is really worth it! You and your baby will be healthier!

Give Your Baby the Best



Even when You are Apart

Good job, Mom! You have decided to keep giving your baby the best nutrition even though you have to be away from your baby. Pumping breast milk is a great way to stay connected to your baby. It may take a little time before you feel completely comfortable with pumping, but the extra work is worth it! In no time you will be a pro and you can feel good that you are being the best mom that you can be.

Did you know?

Did you know that it is normal for many moms to not get very much milk the first couple of times they try to use a pump? With practice, you will be able to pump plenty of milk for your beautiful baby!

Cleaning and storage

Before you start pumping, it is important to understand how to keep your breastmilk clean and safe for your baby. Here are some guidelines that are important to follow:

- Always wash your hands before pumping.
- Sterilize the pump parts before you use them for the first time and then at least once a day after that.
 - To sterilize, run the parts through the dishwasher or boil them for about 5-10 minutes and then air dry.
- After each time you pump, wash the parts in hot soapy water.



- Use clean and dry containers to store your breast milk. You can wash them in the dishwasher, rinse them out and boil them for 5-10 minutes or hand wash in hot, soapy water.
- Always air dry your pump parts, unless you are using a dishwasher.
- You can use almost any clean container to store your milk. The best containers are plastic bottles or freezer bags. You can also use storage bags that are made for breast milk.
- Store milk in the refrigerator or freezer quickly after expressing.

Successful pumping means knowing how to use your pump and attachments correctly.

Listen carefully as the WIC staff explains how to use the pump and the attachment kit. You may also want to read the directions yourself. If you have any questions, please ask. **We will be happy to help you!**



To use a hospital grade electric pump:

- Make sure the white ring on the cylinder that is attached to the breast pump is set on MIN (minimum).
- Place the flange over your nipple and start the pump.
- Your nipple should begin to move in and out without rubbing against the sides of the flange.
 - If your nipples rub on the sides of the flange, you will need to get a larger flange or your nipples will get sore. Ask your WIC staff.
- Once you are comfortable pumping at MIN, begin increasing the suction by turning the white ring on the cylinder until you feel you are getting the best milk flow without pain or discomfort.
- Pumping should not hurt.



To use an electric personal pump:

- Make sure the suction on the breast pump is set at MIN and the speed is set at “1”.
- Place the flange over your nipple and start the pump.
- Once you are comfortable pumping at the lowest suction and speed, begin increasing the suction and/or speed dials until you feel you are getting the best milk flow without pain or discomfort.
- Larger flanges are included in the attachment kit.
- When you have found a level of comfort for suction and speed, you may want to begin pumping like your baby breastfeeds by:
 - Move the speed dial to a higher setting so the pump is pumping faster, similar to how your baby sucks quickly when she begins to breastfeed.
 - Once your milk starts to flow, turn the speed down so it pumps about 1 time each second.

To use a manual hand pump:

A hand pump works best if you are able to use it to pump like your baby breastfeeds.

- Make sure the white cylinder is attached correctly to the flange and bottle.
- The white cylinder should be set on MIN (minimum).
- Place the flange over your nipple and start pumping by moving the yellow plunger in a gentle in and out motion.
- Your nipple should begin to move in and out of the flange without rubbing against the sides of the flange.
 - If your nipples rub on the sides of the flange, you will need to get a larger flange or your nipples will get sore. Ask your WIC staff.
- Once you are comfortable pumping at the lowest suction, begin increasing the suction by turning the white ring on the cylinder until you feel you are getting the best milk flow without pain or discomfort.
- Pumping should not hurt.
- Start with small, short pumps until your milk begins to flow.
- Then start a pattern of: pump, hold for 1 second and release; pump hold for 1 second and release, etc.

How long should I pump?

Both Breasts (Electric Pump)	One Breast (Electric Pump)	Manual Hand Pump
10-15 minutes or until milk flow stops or becomes slow	10-15 minutes on each breast or until milk flow stops or becomes slow	10-20 minutes per breast