

Give Your Baby the Best Even When Apart

Good job, Mom!

Pumping breast milk is a great way to stay connected with 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 can feel good that you are being the best mom that you can be.

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

WHETHER YOU USE AN ELECTRIC OR MANUAL PUMP, TRY THESE TIPS:

- Find a comfortable place to pump. Relaxing is an important part of helping with milk flow.
- Having a picture, an item of your baby's, listening to music or a recording of your baby are all things you can do to help your milk flow better.
- Massage your breasts before and during pumping to encourage milk flow.
- A good time to start pumping is in the morning when your breasts are full, 30–60 minutes after you've nursed your baby or at least one hour before.



KEEP YOUR BREASTMILK CLEAN AND SAFE

Before you start pumping, it is important to read the pump instructions and understand how to keep your breastmilk clean and safe. Here are some guidelines to follow:

- Always wash your hands with soap and water before putting your pump together.
- 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. You can wash them in the dishwasher, rinse them out and boil them for 5 – 10 minutes or hand wash in hot, soapy water. You can also use micro-steam bags to disinfect your pump pieces.
- Always air dry your pump parts, unless you are using a dishwasher.
- Use clean and dry containers to store your breastmilk. The best containers are plastic bottles or freezer bags. You can also use storage bags that are made for breast milk. Label the containers with date and time, and immediately place in a refrigerator, freezer or cooler bag with ice packs.



More Helpful Tips

HOW LONG AND HOW OFTEN TO PUMP?

It takes time to get good at pumping, so don't expect large amounts of milk at first. Every mother is different in the amount of milk she pumps. Following these general guidelines can help make pumping a success:

- Most moms need to pump at least once for every 3 hours that they are away from their baby.
- If you are working full time or in school for 6 to 8 hours, pump at least 2 to 3 times while away from your baby.
- If you have a baby in the hospital, pump as often as you would feed baby, at least 8–10 times throughout the day and night.
- A pumping session typically lasts 10–15 minutes or until milk flow stops or becomes slow.
- You can pump before nursing (at least one hour), between feedings (at least 30-60 after nursing) or while nursing.



DID YOU KNOW?

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



PUMPING SHOULD NOT HURT

- Make sure the breast shield is the correct size and is not too big or too small. Your nipple should not rub alongside the tunnel (too small) and your nipple/areola should not be pulled into the tunnel (too big). Talk with a WIC staff person if you need another size.
- Set the pump at the lowest suction at first, then slowly increase as needed.