

Breastfeeding: Pumping tips

Breast milk is the healthiest food for your baby! The more breast milk you can give your baby, the better.

If you are going back to work or someone else is caring for your baby, you may need to save breast milk for later. You can pump to save milk for later.

Here are some pumping tips to get you started.



Source: medela.com

Pumping Tips

- Start pumping **about 1 month before your return to work**. This will help to build up the amount of breastmilk you store in the freezer.
- You will get the most milk if you **pump in the morning**.
- Nurse the baby on one side and then pump the other side. Do this **1-2 times every morning, 15 minutes each time**.
- Put the pumped milk in the fridge to chill or into the freezer. **Label with the date**.
- Have someone else **give the baby a bottle 1 time each day** for a few weeks **before you return back to work**, so that your baby can get used to it. Pump for 15 minutes while the baby is drinking the bottle. This will keep your milk production matched up with your baby's feeding times.

- When you are back to work, **try to nurse/pump every 2.5 hours**. For example:

Nurse your baby at:

7:30am

Pump for 15-20 minutes at:

10:00am, 12:30pm, and
3:00pm

Nurse again as soon as you
get back home.

- **You have the legal right to pump while you are at work**. Your workplace should have a space just for pumping.

Having a hard time pumping?

Pumping should not hurt. If it does, there are a few things you can do.

If pumping hurts:

- **Make sure the flange is the right size and seals well.** The flange is the cone-shaped part of the pump that covers your nipple. If it does not fit or is uncomfortable, try a different size.
- **Squeeze your nipples** or roll them between your fingers before you start pumping. This tells your body that you are getting ready to breastfeed.
- **Take a warm shower or put a warm washcloth** on your breasts before you start pumping. This helps to get the milk flowing.
- **Massage your breasts to remove any leftover milk.** One way to tell if you have any milk left is to feel for any firm spots. Removing all of your milk will help you feel more comfortable.
- **If your nipples are sore,** rub some of your breast milk onto your nipples and let it dry. Or, rub lanolin cream onto your nipples before you pump.
- **Drink a lot of water!** If you feel thirsty after breastfeeding, drink some water.

Still having a hard time? We are here for you! Ask a CHN health educator if you have questions or need more help.

Stay positive! Stick with what works for you. Remember that pumping takes practice.



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medela.com

