

# PUMPING & BREASTMILK

## TIPS FOR PUMPING

**Feeding Amounts:**  
By Day 4- Offer 2 oz (60ml) every 2-3 hours. Increase based on demand.

- **Get Your Hands Free**
  - Buy a nursing/pumping bra or cut a slit in a nursing bra or an old sports bra.
  - Compress or gently massage breasts while pumping to increase output.
- **Nurse or Pump 8 times in 24 hours, for 15 minutes each pump**
- **The Letdown Mode is quick sucking to get milk to start to flow, then switch to a slower, longer draw to mimic baby at the breast**
  - When milk slows, you can switch to letdown mode again for a minute or so to see if can stimulate more milk to come. (Don't exceed 20 min pumping)
- **Good Milk Production is around one ounce (30ml) an hour**
  - So if it's been 3 hours, you'd see around 3oz total from both breasts.
  - It is normal to get more milk in the morning and less in the evening.
- **Use whatever size feels the best and you get the most milk with (can change)**
  - Your nipple should not be rubbing the edges of the flange.
  - You should not have pain, you can use coconut oil, nipple balm, or olive oil as a lubricant to pump with.
- **The more relaxed you are, the more milk will come**
  - Watch a funny show or close your eyes and imagine your milk flowing down.
  - Try not to watch how much you are getting.

## Breast Milk Storage

..... For healthy full term babies

Room Temperature	Fridge	Freezer
4-8 hours .....	4-8 days* .....	6-12* ..... months

\*12 months for deep freezer/drawer freezer    \*Once milk is thawed only good for 24 hours in fridge

- The younger and more at risk the baby = use the smallest amount of time, or if pumping in unclean environment/not clean parts.
- If baby does not finish all of breastmilk it is good for 2 hours or you can place in fridge and use for next feeding. (Always go by NICU rules for premature/at risk babies)
- Breastmilk does not need to be warmed, but is up to baby's preference.
- Never refreeze breastmilk that is all the way melted. (Can refreeze if any ice crystals in it still)

**WE NOW HAVE LACTATION IN OUR OFFICE**

**Fort Wayne Pediatrics Lactation**

2810 Dupont Commerce Ct. 46825  
 FWP Community Room (next to lab)



**(260) 490-7337 ext. 375**

- One on One Appointments Available with our IBCLC
- Feeding Support Group (**Kangaroo Klub**) Meets:  
**Thursdays 1:30-2:30pm**

\*Check Out Our **Mama Bear Moods Group**  
**Tuesdays 11am-12pm**



**DUPONT LACTATION (260) 416-3240**

Breastfeeding Support Group Meets:  
 Tuesdays 1-2:30pm Resource Center

**PARKVIEW LACTATION (260) 672-6569**

Breastfeeding Support Group Meets:  
 Tuesdays 7-8pm & Fridays 9-10am  
 3rd Floor Conference Room (Entrance #4)

**PARKVIEW WABASH LACTATION**

**(260) 563-3131**

Breastfeeding Support Group Meets:  
 Mondays 12:30-2pm @ Parkview Wabash Hospital

**WIC FOR ALLEN, DEKALB, NOBLE, WHITLEY COUNTY**

**(260) 458-2641**

**PACE BOTTLE FEEDING TIP:**  
 Start bottle feedings with baby sucking nothing then slowly add milk to nipple, keeping nipple half full of milk throughout feed. Make sure baby takes pauses.

