



Pumping is breastfeeding and it can be involved in a variety of ways to support lactation. Whether you are exclusively pumping, casually pumping, or consciously incorporating pumping in another way, pumping has its own set of skills.

Simple, evidence-based tips can help you optimize your pumping.

## CONSIDER A NEWBORN

When trying to increase supply, think of a healthy full-term newborn's typical feeding pattern.

### A HEALTHY NEWBORN...

Cannot go 4+ hours without feeding.

### WHAT THIS MEANS FOR PUMPING:

Limit breaks to 5 hours max, once/day.

Otherwise, keep breaks under 4 hours.

Has a 24h feeding pattern.



Think of your total sessions in 24h: 8 sessions is ideal, but aim for at least 5-6 if you can.

Wakes most reliably overnight.

Aim to pump 1-2 times between 1AM-5AM

Try to take a longer nap before or after that.

Stays latched past "empty".

Pump at least 10-15 minutes, or 5 minutes after ejection stops, whichever is longer.

Feeds from both sides.

Pump both sides every session. Also: it's more effective and saves time to pump both simultaneously than one side at a time.



## GET HANDSY

Using your hands can make a huge difference when pumping! A baby does more than just appear and latch on your nipple. They are held in your arms, move around on your chest, and trigger hormones in your body. Using your hands can trigger similar effects. Before pumping, you can massage your chest in large circles with firm touch or lightly caress your skin. While pumping, include breast compressions (3 second holds without sliding your fingers along your skin). After half your sessions, include 2 minutes of hand expression.

## FLANGES

Flanges come in different sizes, materials, & shapes. The right flange cannot be found just by sight & may require an assessment.

13mm-36mm diameter  
Silicone,  
Hard Plastic,  
or Both  
Round, Oval, Angled, Inserted, Wearable

## CLEANING & MAINTENANCE

Pump parts can be cleaned in hot soapy water after each use, then sanitized up to once/day depending on use frequency.

In cases of contagious infection, they should be sanitized after each use.

Membranes & tubing should be replaced every 3 months for exclusive pumping. For more casual pumping, these parts can last up to 12 months, but they should still be replaced after that because older parts can make your pump less effective.

When pumps are multi-user friendly, all membranes and tubing should be replaced and all hard plastic should be sanitized or replaced per manufacturer guidelines.

