



B.R.E.A.S.T. 101

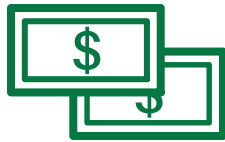
Pumping

PUMPING, OR THE USE OF A BREAST PUMP TO EXPRESS BREAST MILK, IS USED TO PROVIDE BREAST MILK TO A BABY WHILE MOM IS AWAY OR IF A BABY IS UNABLE TO LATCH. WE ASKED LOCAL MOMS TO SHARE THEIR INSIGHT.

WHERE DID YOU GET YOUR PUMP?



INSURANCE
OR WIC



BOUGHT OR
RENTED

WHY DO YOU PUMP?

- #1 WORKING OUTSIDE THE HOME
- #2 OCCASIONAL NEED
- #3 EXCLUSIVELY PUMPING

WHEN DID YOU START PUMPING?

1

MOST MOMS TYPICALLY WAIT UNTIL 4-6 WEEKS AFTER BABY IS BORN

2

IF MEDICALLY NECESSARY OR BABY WILL NOT LATCH, START PUMPING IMMEDIATELY

NEED TO ORDER A BREAST PUMP?

AEROFLOWBREASTPUMPS.COM
EDGE PARK.COM

TOP BREAST PUMP BRANDS

MEDELA SPECTRA FREEMIE AMEDA LANSINOH

TOP PLACES TO BUY SUPPLIES

TARGET & AMAZON

TOP PUMPING TIPS

- HANDS FREE BRA
- EXTRA PARTS
- PICTURES OF BABY
- POWER PUMPING
- LACTATION COOKIES OR OATMEAL
- LOTS OF WATER
- SCHEDULE

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REAL MOMS, REAL STORIES

"Store milk in small increments and freeze flat if using bags"

"Pump first thing in the morning when your supply is greatest"

"It's hard. It takes a sacrifice. But it's worth it."

"A good pump and good fit flange is key. It sucks, but it is worth it for your baby. You never get as much milk pumping as you do nursing so don't stress if you're not making a ton in a bottle. Be patient. Keep trying when you hit walls. Give yourself time. Ask for advice- lactation consultants can help with more than just breastfeeding!" "If there is any difficulty at all in the beginning of a breastfeeding journey (latch issues, pain, uncoordinated suck/swallow/breathe patterns, etc), pumping ASAP is essential to protecting supply."

"My supply isn't great with pumping alone. I've tried supplements, powerpumping, and drinking excess water. I wish pumping was better at stimulating production."

"I tried to pump every 2-3 hours or when I felt full. I was generally a fast pumper but I pumped until I wasn't getting any milk or when I felt empty"

"[Pumped] every three hours while I was away. Exclusively fed when I was around"

"It went well, but was certainly way less convenient than feeding straight from the breast! It was tough finding time to pump and feed baby at the same time. Hands free bra saved my life!" - Exclusive Pumper

FLANGE/SHIELD SIZING



During pumping your nipple is able to move freely in the breast pump flange tunnel. You will have space around your nipple and not much of the areola is drawn into the tunnel with the nipple.



During pumping some, or your entire nipple rubs against the sides of the breast pump flange tunnel.



During pumping more of your areola is drawn into the breast pump flange with your nipple. You may experience your areola rubbing up against the side of the breast pump flange funnel.

SOURCE: <http://aeroflowbreastpumps.com/media/wysiwyg/Category/flange-size-guide-large.jpg>