



Breastfeeding *for Busy Moms*

4-Step Method to
Maximizing Your
Pumping Output...

milk.



Intro...

"You mean I'm not supposed to turn the sucker on **FULL BLAST?! Whoops ...**"

Listen, it's not easy. Most of the time we are learning how to pump when we are exhausted and postpartum. It's not like you practice pumping while you're pregnant!

Ps. Please do *NOT* pump while you are pregnant.



Follow this step-by-step guide
and finally figure out this
pumping thing!

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Step 1: Understand How the Pump Works

Pumping is supposed to mimic breastfeeding .

You will notice that when a baby first latches, their sucking pattern is **short and vigorous (quick) but not very deep.**

They are stimulating your body to turn on the **flowwww.**

Your pump should do the same!

After your milk lets down, you will notice the baby's sucking pattern **change to a slower and deeper rhythm.** If baby is still hungry after your milk begins to taper off you will see them **really slow down and suck much harder and deeper** to get those last fatty drops!

Step 1: Understand How the Pump Works

Most pumps have **similar settings** that are meant to mimic a baby's sucking pattern. The Medela makes it easy for you and pre-programs the settings . You basically **turn it on and go**. It has a quick and low/medium suction initial pattern followed by a slower and higher suction pattern. The Spectra requires a little bit more finesse. However, I think the way the Spectra is set up can serve all different types of women. We are all different, right?! **Don't put me in a box!**



If you have a spectra, you will want to **start with a faster cycle** (maybe 70-ish) **with low suction** for 2-3 minutes until your milk starts flowing. **Then, turn down the cycle** (maybe 50-ish) **but turn UP the suction** to medium/high (depending on what you can tolerate) for 15 to 20 minutes . When your milk starts sputtering out you can **turn the cycle down** to (30-ish) and **turn UP the suction to high** for a couple more minutes until your milk stops flowing. Good to the last drop!

Step 2: Ease Your Letdown



If you are having trouble with your milk letting down while pumping, you will need to try some deep breathing, meditation, listening to videos of your baby, smelling your baby's clothing and attempting to **relax**.

Stress **DOES** inhibit milk-let down. Also, I always recommend **massaging** your breasts halfway through and performing **breast compressions** to ensure you are getting as much milk out as possible.

Sometimes you can even lean forward and **let gravity work** for you! **Hand express any hard areas** after pumping to ensure you don't get clogged ducts.



Step 3: Get the Right Equipment

Please make sure to measure **BOTH** of your nipples prior to pumping to size them correctly for flanges. Not everyone has symmetrical nipples.

We are not one-size fits all!

You may require two differently sized flanges, and that is **perfectly normal**. You do not want to be pumping with the wrong size flange. This creates injury, breast vasospasm, and also doesn't allow **maximum milk output!**

Invest in a **breast massager** to help loosen up any tight spots (fatty milk-clumps) in the milk ducts. You can apply the vibration externally during your pumping session! Also, grab a hands-free nursing bra so you can have a hand free to massage the breast!

Hot compresses should never be underestimated and are great to have on hand **prior to pumping**. Applying a warm compress prior to pumping opens everything up and **gets things 'aflowin!**

Step 4: Maintain Your Equipment

You will want to set your pump to the highest **comfortable** suction level. This is different for everyone. **HOWEVER**, if you feel like you have to turn that sucker all the way up the minute you turn it on... it might be your equipment.

Pumping parts wear out over time and lose their suction. Remember to change your pumping parts frequently.



There are some websites, like **Aeroflow** or **Edgepark**, that will deal with your insurance directly and order your pump for you.

They will also automatically text you when it's time to replace your parts!

Any day that I don't have to **deal with insurance directly** is a great day for me.

Now you know the best tips for maximizing your pumping output before you even have an issue! However, if you run into any sticky wickets i'll be here for you.

~Heather

you got this.



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