

Tips for Successful Pumping

If you and your baby have to be separated for some or all feedings, you will want to collect your milk for your baby. Breastmilk can be pumped or hand-expressed and stored for the times you are apart. If your baby is in the hospital, follow their instructions for storing your milk in that situation if it is different from the following.

- Pump as often as your baby would have nursed – about every two hours during the daytime, and about every four hours at night (8-12 times a day).
- Don't let milk stay in your breasts more than 4-5 hours at any one time. This is uncomfortable for you, and will cause your milk supply to decrease.
- Pump for about 10-15 minutes and until there are no sprays for two minutes. Pumping both breasts at the same time may help you get more milk faster.
- Making plenty of milk is usually very easy. If you think your supply is going down, get help right away
- Store milk in the amounts your baby eats in a single feeding (usually 2-4 ounces).
- Milk may be stored in hard plastic that is free of bisphenol A(BPA), glass baby bottles, or mother's milk storage bags. Freshly expressed milk can be kept out several hours if necessary, but ideally should be refrigerated immediately. If stored on ice, it is good for 24 hours.
- Fresh milk can be stored in the refrigerator optimally for 72 hours and, under very clean conditions, it may be stored for 5-8 days. Thawed milk can be stored in the refrigerator for up to 24 hours.
- Breastmilk may be frozen for later use and stored for at least 3 months in your freezer or 6-12 months in a deep freezer at 0°.
- Human milk should be gently warmed to room or body temperature under warm running water. DO NOT boil or heat it in the microwave.
- Human milk is not homogenized, so the cream will rise to the top. Just swish it gently to remix before feeding.

Your baby may not want to take milk in a bottle. Try different newborn slow flow nipples. The best one will allow your baby to suck and swallow at the same rate and rhythm as on the breast. You may need to burp your baby more often when using a bottle because they may not be able to control the flow as well as they do from the breast. Having someone else offer the feeding may make it easier. Be patient!