

Information for breastfeeding military mothers



PUMPING PLAN

Going back on duty after your convalescent leave is over means pumping on a regular basis to maintain your milk supply. The key to successful breastfeeding while serving in the military is frequent removal of your breastmilk, via a combination of feeding at the breast and pumping at least 8-12 times in a 24-hour period. This handout provides a sample pumping plan that many military mothers have found to be the most effective at maintaining an ample milk supply.

- **0500 Breastfeed**
- **0600 PT**
- **0700 Pump and send milk to daycare**
- **0730 Drop baby at daycare, breastfeed briefly**
- **1000 Pump 15-20 minutes**
- **1230 Pump 15-20 minutes**
- **1500 Pump 15-20 minutes**
- **1730 Pick up baby from daycare, breastfeed briefly**
- **1800 Breastfeed at home (longer)**
- **2100 Breastfeed**
- **0100 Breastfeed**
- **0500 Breastfeed**

****It is very important that you breastfeed or pump at least 8 times in 24 hour period to maintain milk supply****

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