

Information for breastfeeding military mothers



PUMPING TIPS

A low supply of breastmilk when pumping can be caused by numerous factors, but is most often from a lack of time to pump during the work day. If you are consistent about following these recommendations, you should see an improvement within a few days. While it might take a few days to weeks to bring your pumping output back up, you should see a steady, gradual increase in the amounts pumped. It may seem like a lot of work now, but you will be glad you put the time and effort into it, and so will your baby!

- **8-10 breastfeeding / pumping sessions 24 hours**
 - Every 3-4 hours max while at work – full breasts signal your body to slow/stop milk production
- **Breastfeed or pump at least 1x at night**
 - Prolactin peaks during the nighttime hours (regardless of your work shift)
- **Invest in a hands-free bra**
 - Make one by cutting slits in a sports bra
- **Power Pumping**
 - Pump for the length of each commercial break during your favorite show
 - 5 min sessions sprinkled throughout the day
- **Establish a routine**
 - Pump in the same place and at the same time everyday
- **Stimulate a Let-Down**
 - Relax shoulders
 - Deep breathing
 - Apply warmth to breasts (hot packs)
 - Massage breasts before pumping
 - Visualize 'rivers of milk'
 - Smell a piece of your baby's clothing or blanket
 - Listen to recording of your baby's sounds (crying, laughing, babbling)
 - Watch a video of your baby breastfeeding (taken over your shoulder)
- **Pump With A Buddy**
 - Pumping with a friend or co-worker increases oxytocin, resulting in higher milk yield during your pumping session
- **Hands-On Pumping**
 - Massage and compress breasts while pumping
 - Increases milk yield 48%
- **Tandem pump while breastfeeding**
 - Baby on one breast, pump the other breast
- **Adjust settings on pump**
 - Hit the let-down button or change the suction and frequency settings
 - Set suction to max comfort
- **Alternate flange sizes**
 - Try soft flanges that 'massage' the breast
 - Try Pumpin' Pals Super Shields (www.pumpinpals.com)
- **Do NOT watch the collection bottles**
 - Cover the pump with a blanket!



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www.breastfeedingincombatboots.com

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