

## BREASTFEEDING AND PUMPING

Breast pumping is done for many different reasons. Some moms pump to increase their milk supply or to allow their partner feed the baby with a bottle while they rest. Moms also pump to feed a premature infant or to bottle feed their baby when he has suckling problems<sup>1</sup>. Pumping can also be used to relieve pain from engorgement, and when mom is going back to work or school. Moms with large breasts should use a breast pump with large flanges<sup>2</sup>.

Sometimes moms need help getting their milk to flow when pumping. Breastfeed while pumping the other breast, keep a picture of your baby, a baby blanket, or an item of clothing that has your baby's smell on it nearby. This will help stimulate flow. Try to relax and massage your breast.<sup>1</sup>

Rent or buy a double electric hospital-grade breast pump. An electric hospital-grade breast pump can easily drive the milk out of your breast. You can start feeding your baby pumped breastmilk after 4 weeks to help them transition from breast to bottle. Experts recommend beginning pumping at least 2 weeks before going back to work<sup>3,4</sup>. When pumping with a large pump flange cut out a hole in a sports bra or old bra where the nipple will be. Slide the large flange in the hole to keep it in place while breast pumping. This will help keep your breast in place while pumping.



### TIPS OF THE WEEK

#### Pumping:

- Helps mom continue giving her baby breast milk.
- Helps relieve engorgement.
- Improves milk supply.
- Allows others to help feed your baby.

Each time before you pump, make sure your pump parts are clean. Wash them in hot, soapy water or in the dishwasher. You can also boil your pump parts in water for 20 minutes. Micro-steam bags can also be used in the microwave to disinfect pumps, shields, and other materials.

Remember to pump often, if possible. It is recommended that you pump or breastfeed every 1-3 hours. The more you pump the more milk supply you have! Breastfeed then pump right after to make sure your breasts are empty and to prevent engorgement. This also helps to increase your milk supply<sup>5</sup>.



### INCREASE YOUR MILK SUPPLY BY MAKING SURE YOUR BREASTS ARE EMPTY AFTER FEEDINGS OR PUMPING

It is best to pump each breast for 15 minutes (no more than 30 min) or until no more milk flow has occurred for 2 minutes<sup>6</sup>. If little milk is flowing, hand expression can be done for the first few days after giving birth<sup>1</sup>.

- You can take turns between hand expression and pumping to help release milk.
- If you can't hand express much milk, it is ok. (This skill takes practice.)
- You can also gently massage your breasts during breastfeeding to get the milk out.

You should pump even when there is little milk coming out<sup>5</sup>

- Stimulation helps increase your milk supply.
- Stimulation prevents engorgement.

Breastfeeding in the evening and on your days off of work helps maintain your milk supply and increases the bond between you and your baby. You may be able to rent a breast pump at no cost to you through WIC (Women, Infants and Children), a food and nutrition service for low income women.

You may be covered for a breast pump and visits with a lactation consultant through your medical insurance plan, WIC, Medi-Cal or the Affordable Care Act. Teach your baby how to bottle feed – try introducing a bottle of breast milk once a day in between feedings. This will help your baby to get use to feeding from a bottle.

**IF YOU NEED BREASTFEEDING HELP, CALL THE HELP LINE: 888-278-6455**

### RESOURCES:

#### WIC (WOMEN, INFANT AND CHILDREN)

<http://www.fns.usda.gov/wic/women-infants-and-children-wic>

#### COVERED CALIFORNIA HEALTH INSURANCE

[coveredca.com](http://coveredca.com)



[womenshealth.gov](http://womenshealth.gov)

[hrsa.gov/womensguidelines/](http://hrsa.gov/womensguidelines/)

[healthcare.gov](http://healthcare.gov)

### VIDEO:

#### HOW TO MANAGE YOUR MILK SUPPLY

[youtube.com/watch?v=0SckrMaYdz0&feature=youtube\\_gdata\\_player](https://www.youtube.com/watch?v=0SckrMaYdz0&feature=youtube_gdata_player)

#### HOW TO USE A BREAST PUMP.

[youtube.com/watch?v=9GGoPI9pqmU&feature=youtube\\_gdata\\_player](https://www.youtube.com/watch?v=9GGoPI9pqmU&feature=youtube_gdata_player)

### APPS:

#### BABY'S DAY (\$2.99)

[itunes.apple.com/us/app/babys-day-breastfeeding-pumping/id781848800?mt=8](https://itunes.apple.com/us/app/babys-day-breastfeeding-pumping/id781848800?mt=8)

Breastfeeding and pumping timer.

#### PUMP LOG (FREE)

<https://itunes.apple.com/us/app/pump-log-track-breast-milk/id814112299?mt=8>

Track breast milk production.

#### MOMMY LOG (FREE):

<https://itunes.apple.com/app/id630203645>

#### INFANT CARE & FEEDING (ANDROID \$2.99)

<https://play.google.com/store/apps/details?id=com.cerulean.tech.creations.infantcare&hl=en>

Get breast pumping tips along with other information on breastfeeding.

#### MILKMAID (\$2.99)

[itunes.apple.com/us/app/milk-maid/id369466778](https://itunes.apple.com/us/app/milk-maid/id369466778)

Helps pumping moms manage their stash of breast milk.

## BLOGS:

### BREASTFEEDING AND PUMPING TIPS

[blogs.babycenter.com/tips\\_and\\_tricks/11062013breastfeeding-pumping-tips-to-keep-milk-supply-going/](http://blogs.babycenter.com/tips_and_tricks/11062013breastfeeding-pumping-tips-to-keep-milk-supply-going/)

### HANDS-ON PUMPING

<http://www.nancymohrbacher.com/articles/2012/6/27/to-pump-more-milk-use-hands-on-pumping.html>

### PUMPING WHILE NURSING

[kellymom.com/bf/pumpingmoms/pumping/pumping-while-nursing/](http://kellymom.com/bf/pumpingmoms/pumping/pumping-while-nursing/)

### PUMPING IN PUBLIC

[nursingfreedom.org](http://nursingfreedom.org)

## REFERENCES

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2. Anstey, E., Jevitt, C. (2011). Maternal Obesity and Breastfeeding: A Review of the Evidence and Implications for Practice. *Clinical Lactation*, 2-3, 11-16.
3. Biagioli, F. (2003). Returning to work while breastfeeding. *Am Fam Physician*, 68(11), 2215-2217.
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6. American Academy of Family Physicians. (2010). Breastfeeding: How to pump and store breast milk. Retrieved from <http://familydoctor.org/familydoctor/en/pregnancy-newborns/caring-for-newborns/breastfeeding-formula/breastfeeding-how-to-pump-and-store-your-breast-milk.html>