

Using a Breast Pump

Reasons To Pump

There are several reasons that you may need to pump, including:

- Going back to work/school
- Traveling far distances without your baby
- Express milk if your baby is not latching accurately (using that pumped milk to supplement)
 - Relieve engorgement
- Help boost your “milk supply”
 - Create a stash of milk
 - Exclusively pumping

When To Pump

Many women worry about their milk supply. This could be from the idea that breastfeeding is difficult that is portrayed by the media or just simply researching breastfeeding information, or maybe you've heard a friend or family member talk about not being able to breastfeed due to their supply, when really they were just not given accurate information on how to establish (and keep a supply) intact.

Unless you're in your first month of breastfeeding, there is no need to stress about a strict schedule of pumping. The first month is so important because it is the time that you are ultimately establishing your milk, which will tell your body to produce more milk or less milk later in your journey. Therefore you do not want to go long periods of time without pumping or nursing, as it can be detrimental to your journey in the future. You will be able to create more milk, but it will be more difficult. After you've passed your first month or so you will have more lenience in how often you pump. Ideally, you want to pump every 3-4 hours you're away from your baby. That's not to say if you go over that amount of time then all is lost. It's okay. Just try not to go over 6 hours with no expression of milk on a regular basis.



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If you know that you will be going back to work/school and know that you will want continue to breastfeed then you will need to pump while you are away that way your supply does not decrease. Also, if you take business trips often and know that you will not be able to have your baby along with you, you will want to be sure that you pack your pump, storage bags, and a place to store the pumped milk, such as a breastmilk cooler with an icepack.

In the beginning of your breastfeeding journey you may find that our baby isn't latching accurately, for any reason, and you may need to pump after feedings in order to get out any leftover milk and then supplement it to your baby if need be. You may also find that you have an oversupply once your milk has come in and established and may need to pump to relieve engorgement.

At any time during your breastfeeding journey you may want to pump often to help boost your supply and/or create a stash of milk to store for a future event where you may be away from your baby. For instance, if you know that you will be going out of town in a month for a wedding and will not be taking your baby, you will want to pump and create a stash of milk to store in your freezer for while you're away. Lastly, you may, for whatever reason, be exclusively pumping, meaning that you want your baby to have your milk, but you can't or don't want to breastfeed. Therefore you will pump on a regular basis and use the pumped milk to feed your baby from a bottle. This way you know you're baby is still getting "the good stuff".

When To Pump

Is your head spinning from all of the information? Don't know if you can handle it? Well, much of what will help make your life easier when pumping, is choosing the right pump for you. For instance, if you know that you will be pumping on a regular basis then a double electric hospital grade pump will be best for you. On the other hand if you know that you may be pumping often, but maybe not on a daily basis, then you may be fine with a double electric commercial grade pump. Lastly, if you know you will rarely have to pump, you should be fine with a single or double manual pump.



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