

Aeroflow  Breastpumps

How to Find a Pump You LOVE

RESOURCE GUIDE

Helpful Links

- [Aeroflow Breast Pump Comparison Chart](#)
- [Best Breast Pumps Breakdown](#)
- [Flange Sizing Guide](#)
- [Flange Sizing & Purchasing Guide](#)
- [Printable Nipple Ruler](#)
- [When to See an IBCLC](#)
- [Preparing for Separation from Baby](#)
- [Reasons To Start Pumping](#)
- [When Baby Isn't Feeding Well](#)
- [Pumps for Exclusive Pumping](#)

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The Pumping Room

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PUMPLOVE

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How to Find a Pump You LOVE

RESOURCE GUIDE

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How to Find a Pump You LOVE

Class Notes

Pumping Goals

- **How often will you need to pump?**
 - Occasional pumping:
 - Appointments, running errands, date night, etc.
 - Regular pumping:
 - Work, school, or frequently away from your baby and will need to skip a breastfeeding session.
- **Considerations & Concerns**
 - If you have occasional separation planned:
 - Will you have access to an outlet?
 - Will you have time to sit down and pump or will you need to multitask?
 - Regular Separation:
 - Choose a highly efficient pump with features that fit your needs:
 - Do you have a long commute?
 - No pump breaks?
 - Need to pump while interacting?
 - Durability matters
 - Reasons to Start Pumping
 - When Baby Isn't Feeding Well
 - When to See an IBCLC
- **If you plan to exclusively pump:**
 - Will need to pump when you are at home, at work, and when you are “on-the-go.”
 - May need more than one pump
 - May want accessories that make pumping more convenient
 - Hands-free collection cups



- [Pumps for Exclusive Pumping](#)
- [Aeroflow Breast Pump Comparison Chart](#)
- [Best Breast Pumps Breakdown](#)
- **Consider duration of use**
 - One year warranties
 - Medela
 - Lansinoh
 - Baby Buddha 2.0
 - Willow
 - MomCozy
 - Two year warranties
 - Motif
 - Spectra
 - Elvie
 - Zomee
 - Philips

Popular Pump Features

- **Closed System:** pumps that have a barrier to prevent milk from entering the tubing and motor.
- **Letdown/Massage Mode:** quick, light suctions that help stimulate your milk to start flowing.
- **Expression Mode:** the slower, deeper suctions that remove milk once it starts flowing.
- **Cycle/Speed:** the number of “sucks” per minute.
- **Vacuum:** the level/strength of suction applied during each cycle.
- **Independent Cycle & Vacuum:** Some pumps allow separate adjustments for the vacuum (suction) and cycle speed.
- **Night Light/Backlit Screen:** convenient when pumping at night.
- **Timer:** an easy way to keep track of how long you have been pumping.
- **Flange Size:** funneled part of the breast pump that touches your breast.
 - [Flange Sizing Guide](#)
 - [Flange Sizing & Purchasing Guide](#)
 - [Printable Nipple Ruler](#)



Standard Full-Sized Breast Pumps

- Strong and consistent power
- Ideal for building or maintaining milk supply
 - returning to work, exclusively pumping, needing to increase milk supply, or pumping for a baby that cannot feed at the breast
- **Motif Luna & Motif Luna with Battery**
 - Best for: quiet, efficient, and affordable electric pump for daily use
 - Independent cycle and vacuum adjustments
 - Motif Luna with Battery is an upgrade
- **Spectra S1 & S2**
 - Best for: moms looking for a hospital-strength, efficient, and comfortable double electric pump
 - Independent cycle and vacuum adjustments
 - Spectra S1 is rechargeable and an upgrade
- **Spectra Synergy Gold & Synergy Gold Portable**
 - Best for: powerful suction and flexibility
 - Rechargeable
 - Both are an upgrade
- **Philips Avent Advanced**
 - Best for: reliable, simple, efficient, and affordable pump
 - Silicone 30mm flange that fits various shape and sized nipples
- **Medela Pump In Style with MaxFlow**
 - Best for: occasional pumping
 - Optional battery pack that uses 8 AA batteries
 - Not as efficient as other pumps
- **Lansinoh Smartpump 3.0**
 - Best for: occasional pumping
 - Rechargeable
 - Not as efficient as other pumps



Hands-Free Portable Pumps

- Battery powered pumps that offer convenience and portability by using either standard flanges (using a hands-free pumping bra) or compatible collection cups that can fit inside your bra.
- **Motif Duo**
 - Timer and backlit LCD screen
 - Memory mode that remembers your settings
 - Includes free hands-free pumping bra
 - Can be used with Motif Hands-Free Collection Cups (comes with 28mm flange + 24mm, 21mm, 19mm, 16mm inserts)
- **Zomee Z2**
 - Timer and nightlight with backlit LCD screen
 - Can be used with Zomee Hands-Free Collection Cups (comes with 24mm flange + 21mm & 19mm inserts)
- **Baby Buddha 2.0**
 - Soft Stimulation, Classic Stimulation, and Expression- 6-9 adjustable suction levels
 - LCD screen & timer
- **Elvie Stride 2**
 - Syncs with Elvie app (timer + controls)
 - Belt clip for small pump hub
 - Includes 28mm silicone flange + silicone inserts in sizes 15mm, 17mm, 19mm, 21mm, and 24mm
- **Medela Pump In Style Hands-Free & Medela Swing Maxi Hands-Free**
 - Both include Medela Hands-Free Collection Cups (24mm + 21mm flanges)
 - Pump In Style- Optional battery pack requires 8 AA batteries - Less portable
 - Swing Maxi- Rechargeable and compact



Wearable Pumps

- Self-contained units that can be worn inside your bra for discreet pumping
- Not designed to build and maintain milk supply alone
- Can be a companion pump to a standard pump if pumping regularly
- **Elvie**
 - Ultra quiet
 - App available but not required to run pump
 - Milk volume tracking and pump controls
 - Includes 24mm & 28 mm plastic flanges
 - Fully charged in 2 hours
- **Willow Go**
 - App available but not required to run pump
 - Timer and pump controls
 - Includes 21mm and 24mm plastic flanges
 - Fully charged in 2 hours
- **Motif Aura Glow**
 - Built in nightlight on the collection containers
 - Includes 24mm silicone flanges + silicone inserts in sizes 15mm, 17mm, 19mm, and 21mm
 - Fully charged in 2 hours
- **Lansinoh Discreet Duo**
 - Includes 24mm silicone flanges + 21mm silicone inserts
 - Not the most quiet option
 - Fully charged in 2 hours
- **MomCozy M5**
 - Includes 24mm silicone flanges + silicone inserts in sizes 17mm, 19mm, and 21mm
 - Fully charged in 2 hours



- **MomCozy S9**

- Includes 24mm silicone flanges + silicone inserts in sizes 17mm, 19mm, and 21mm
- Fully charged in 2.5-3 hours
- Bulkier motor that makes it less discreet

- **MomCozy S12**

- Includes 24mm silicone flanges
- Fully charged in 1.5 hours

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Disclaimer: This class is intended for general education purposes only and should not replace any medical direction from your healthcare provider. Please seek advice from your own healthcare provider and lactation consultant (IBCLC) for individualized recommendations.

