

Pumping 101

RESOURCE GUIDE

Helpful Links

- [How to Hand Express](#)
- [Using Your Pump](#)
- [Hands-On Pumping](#)
- [Flange Sizing Guide](#)
- [Silicone Nipple Ruler](#)
- [Printable Nipple Ruler](#)
- [Flange Sizing & Purchasing Guide](#)
- [Cleaning Your Pump Parts](#)
- [How to Store Your Breast Milk](#)
- [The Pitcher Method](#)
- [The Fridge Hack](#)
- [Paced Bottle Feeding](#)
- [Breast Milk Volume](#)
- [Finding Your Exclusive Pumping Number](#)
- [When Baby Isn't Feeding Well](#)
- [Bottle Feeding Tips](#)
- [Reasons to Start Pumping](#)
- [When to See an IBCLC](#)

SHOP RECOMMENDED PRODUCTS



The Pumping Room

Your go-to source for all things pregnancy and breastfeeding.

JOIN TODAY!

Canopie Mental Health App

Canopie is your partner in maternal mental health. Aeroflow moms have free access to the app, including customized audio & video programs - plus live classes! Free access code: **PUMP101**

DOWNLOAD APP



Pumping 101

RESOURCE GUIDE

Class Notes Table of Contents

- [How Pumping Can Be Beneficial](#)
- [When to Start Pumping with a Newborn](#)
- [How to Hand Express](#)
- [Using Your Pump](#)
- [Flange Sizing](#)
- [Cleaning Your Pump Parts](#)
- [Safe Breast Milk Storage and Handling](#)
- [Replacing Parts](#)
- [Pumping Schedule](#)
- [Pumping Accessories](#)
- [Power Pumping](#)
- [References](#)



How Pumping Can Be Beneficial

- **Pumping** helps you to build a milk supply if you are separated from baby.
- Allows you to provide breast milk for your baby.
- Allows you to use a bottle.
- Helps relieve engorgement.
- Loved ones can join in feeding baby.
- Helps to increase milk supply if it is low.
- Beneficial when going back to work.

When to Start Pumping with a Newborn

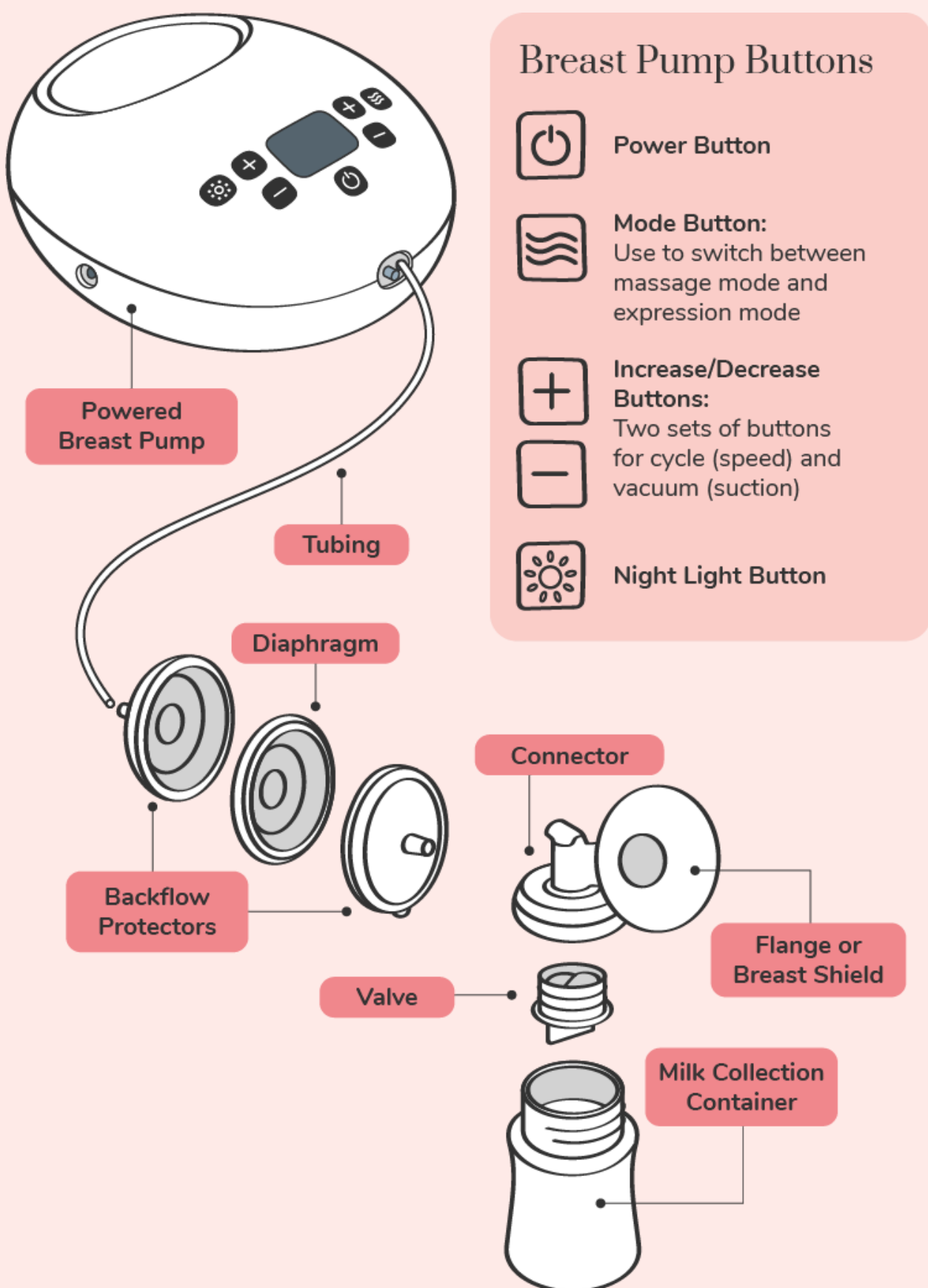
- **If your baby is struggling** to latch, not nursing effectively or you are separated from your baby, begin pumping right away.
 - Pump every **3 hours for 15-20 minutes** to replace any feedings.
 - Hand express after pumping to help extract colostrum.
 - Connect with a lactation consultant to make a pumping plan.
 - If you are exclusively pumping, start pumping right away.
- If direct breastfeeding is going well, it is recommended to **wait until nursing has been well established** (around 4 weeks) **before introducing pumping or a bottle.**
- **Breast Milk Volume**

How to Hand Express



Using Your Pump

- [Breast Pump Quick Guide](#)
- Use pump settings that mimic your baby's feeding patterns.
 - This typically means using a faster cycle and lower suction at the beginning of a session and switching to a slower cycle and higher suction after letdown.
 - Many moms benefit from returning to "letdown" or "massage" mode about halfway through their pumping session and then finishing on a slower cycle with higher suction.
 - Never increase suction level beyond what is comfortable.
- [Hands-On Pumping](#) can help maximize pumping output.
 - [Hands-On Pumping Video](#)



Flange Sizing

- Sign up for our [**How to Fit Your Flange**](#) class or schedule a [**1:1 consultation**](#).
- It's ok to measure your flange size around 38-39 weeks pregnant, but it's a good idea to reassess your size at about 2 weeks postpartum.
- Measure your nipple in millimeters before pumping.
- Each breast may need a different size.
- Flange sizes may change throughout the postpartum period.
- Use our [**printable nipple ruler**](#), a seamstress tape, or [**silicone nipple ruler**](#) to self-assess.
- Most moms find that adding **0-3 mm to their nipple measurement** provides the most comfortable and effective fit.
- Check out our [**Flange Sizing Guide**](#) and [**Flange Purchasing Guide**](#).

Cleaning Your Pump Parts

How to Store Your Breast Milk

- [**The Pitcher Method**](#)
- [**The Fridge Hack**](#)

Replacing Parts

- Generally, it is recommended to replace pump parts at least every 90 days.
 - Refer to your pump manufacturer's instructions for when to replace parts.
- Many insurance plans cover replacement parts!
- If you received your pump from Aeroflow, and your insurance plan covers replacement parts, you'll receive an email and/or text reminding you of this benefit.



Pumping Schedule

- How to incorporate pumping (at about 4 weeks)
 - **Pump for 10 minutes** following your first morning nursing session for the first few days and store the milk.
 - Once you feel comfortable with pumping, choose a nursing session to replace, then pump for 15-20 minutes just before you think baby might be hungry.
 - Use **Paced Bottle Feeding** to feed baby this pumped milk.
 - **Bottle Feeding Tips**
 - Once the bottle has been introduced, **offering 2-3 bottles per week** should help avoid future bottle refusal.
 - If planning to go back to work, **slowly increase the number of feedings that you pump and bottle feed** instead of breastfeed.
 - Most mothers need to **pump every 3 hours** while away at work.

Power Pumping

- A typical power pumping routine lasts 60 minutes, once per day:
 - Pump 20 minutes
 - Rest 10 minutes
 - Pump 10 minutes
 - Rest 10 minutes
 - Pump 10 minutes
- Results may vary and are typically seen in 2-3 days.
- **Schedule an appointment** with one of our Lactation Consultants to get to the root cause of low milk supply and make a plan to increase production.
- **When to See an IBCLC**



Pumping Accessories

- Pumping accessories are qualifying HSA/FSA purchases.

SHOP PUMPING ACCESSORIES

View
Upcoming
Classes

Book an
Appointment



References

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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.

