



# Strategies for Pumping Parents

**BLUF:** *Pumping can be a frustrating time to provide enough breastmilk for your child. Here are strategies and tips to make it easier.*

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## **Key Points:**

1. Pump as often as you would feed your baby. Try to schedule pumping sessions at work at the same time your baby would normally feed.
  2. Use power pumping to increase output. (Bonyata, 2018) The main point here is to increase *frequency* of stimulation by pumping, resting, and pumping again. It may take several days, but by increasing frequency consistently, you will see increased volume.
    - a. This is a nursing vacation with pumping included. Nurse every 30 minutes and then pump after feeding your baby to get your supply back up.
    - b. The Exclusive Pumping website has several other suggested templates for power pumping. <https://exclusivepumping.com/power-pumping/>
  3. Make sure your flanges are the correct size. Review your pump manufacturers sizing guide.
    - a. <https://www.spectrababyusa.com/guide/>
    - b. <https://www.medela.us/breastfeeding/articles/breast-shield-sizing-how-to-get-the-best-fit>
    - c. <https://www.ameda.com/milk-101/milk-101-article/yes-size-matters-how-flange-size-can-make-or-break-pumping/>
    - d. This list is not all inclusive please review your pumps sizing guide.
  4. Ensure your pump is working correctly, and replace parts as needed.
  5. Watch videos or look at pictures of your baby while pumping to assist with let-down.
  6. Use the hands-on pumping technique. (Bird, 2011)
    - a. <https://www.lactationtraining.com/resources/educational-materials/handouts-parents/hands-on-pumping/download>
    - b. Massage your breasts before pumping. Use small circles in a spiral pattern, starting on the outside and working toward the nipple. Continue to massage the breast and pump at the same time until your milk production subsides.
  7. Trick your body into thinking your baby is still nursing by continuing to pump for an additional 5-7 minutes after milk has stopped flowing.
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## **Resources:**

- a. Websites
  - i. <https://www.verywellfamily.com/how-to-increase-your-milk-supply-with-hands-on-pumping-2748592>
  - ii. <https://kellymom.com/hot-topics/low-supply/>
  - iii. [https://kellymom.com/hot-topics/pumping\\_decrease/](https://kellymom.com/hot-topics/pumping_decrease/)

- iv. <https://www.mayoclinic.org/healthy-lifestyle/infant-and-toddler-health/in-depth/breastfeeding/art-20048312>
- v. <https://kellymom.com/bf/pumpingmoms/pumping/milkcalc/>
- vi. <http://www.workandpump.com/>
- vii. <https://breastfeedingusa.org/content/article/how-much-milk-should-you-expect-pump-0>
- viii. <https://exclusivepumping.com/power-pumping/>
- ix. <https://www.mom2momglobal.org/post/for-supervisors-and-co-workers-how-to-support-breastfeeding-in-the-field>

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### **Additional Information: (this list is not all-inclusive!)**

EBF babies need 25 oz per day. Divide this by the estimated number of feedings per day. This will give the approximate number of oz. per feeding, and you can figure out how much time you will need away from the baby. <https://kellymom.com/bf/pumpingmoms/pumping/milkcalc/>

Remember—How much you pump is not an indication of how much your baby gets in a feed. Babies are more efficient than pumps at removing milk!

<https://breastfeedingusa.org/content/article/how-much-milk-should-youexpect-pump-0>

Common reasons for a temporary decrease in pumped output include premenstrual days, antihistamines and decongestants, and vigorous or extreme exercise, especially in high temperatures.

### **References:**

Bird, C. RN. (2011, February 1). How to Increase Your Breastfeeding Milk Supply With Hands-on Pumping.

<https://www.verywellfamily.com/how-to-increase-your-milk-supply-with-hands-on-pumping-2748592>

Bonyata, K. (2018, January 15). I'm not pumping enough milk. What can I do? KellyMom.com.

[https://kellymom.com/hot-topics/pumping\\_decrease/](https://kellymom.com/hot-topics/pumping_decrease/)

Mohrbacher, N. How Much Milk Should You Expect to Pump. BreastfeedingUSA.org.

<https://breastfeedingusa.org/content/article/how-much-milk-should-you-expect-pump-0>

Please contact us at [wecare@globalmilcom.org](mailto:wecare@globalmilcom.org)

Website: <https://www.globalmilcom.org>

Military Lactation Counselor (MiLC) Program - 53 hours of lactation education virtual training:

<https://mom2momglobal.thinkific.com/courses/military-lactation-counselor-training>