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# POWER PUMPING

How to increase your breastmilk supply when your baby is going through a growth spurt.

Power pumping is a way to increase breastmilk supply. A mother mimics a cluster feeding spurt on the breast pump. Though not all moms need to power pump, some mothers may opt to do this if they are returning back to work. Other moms may experience a drop in breastmilk during their period and want to have a healthy stash at home when this occurs. Whatever the reason may be to have a great stash of breastmilk, we will discuss the proper way to power pump.

## Power Pump Guide:

- Pump 10-15 minutes or until milk production stop.
- Rest for 10-15 minutes. Mom should massage breast; apply warm cloth; or snuggle with baby.
- Pump again for 10-15 minutes.
- Rest for 10-15 minutes.
- Pump again for 10-15 minutes.
- Rest until next pumping session.
- Some moms may need to do a few sessions a day to notice an increase in supply.

