




BREASTMILK GUIDELINES

			FRESH (expressed or pumped)	THAWED (previously frozen)
Up to 77°F		Room Temperature	Up to 4 hours	1-2 hours
58°F or colder		Cooler with ice packs	12-24 hours	1-2 hours
40°F or colder		Refrigerator	Up to 4 days	Up to 24 hours
0°F or colder		Freezer	Up to 6 months	Do not refreeze thawed milk
0°F or colder		Deep Freezer	Up to 12 months	Do not refreeze thawed milk

STORAGE

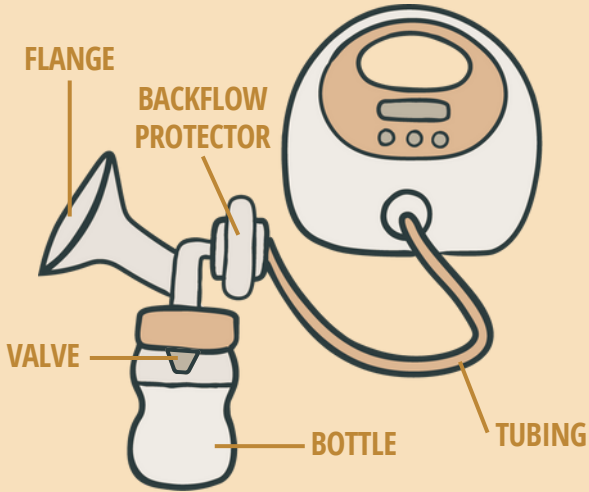
- Store in 2 oz or 4 oz increments for easier thawing.
- If storing milk in bags, freeze flat. Bags can then be stacked to save freezer space. This will also make the milk easier to thaw.
- Leave a little room at the top of storage container for milk expansion.
- Always store milk at the back of the fridge or freezer where it's the coldest.
- Do not store leftover milk. Discard any breastmilk you don't use during a feeding.

THAWING

- Always thaw the oldest milk first.
- Thaw milk under lukewarm running water, in a container of lukewarm water, or overnight in the refrigerator.
- Never thaw or heat milk in a microwave.
- Use milk within 24 hours of thawing in the refrigerator.
- Use thawed milk within 2 hours of bringing to room temperature or warming.
- Swirl the milk to mix the fat, which may have separated.

PUMPING BASICS

BREAST PUMP PARTS



WHEN TO REPLACE PUMP PARTS

VALVE:

- Every 3-4 weeks
- Every 2-3 months

BACKFLOW PROTECTOR:

- Every 3 months
- Every 6 months

FLANGE:

- Every 6 months
- As needed

TUBING:

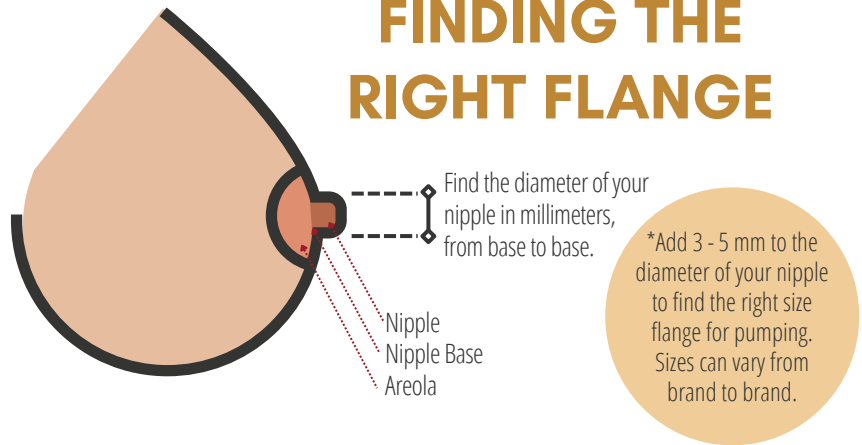
Replace if damaged, stretched, or if moisture gets in the tubing

BOTTLE:

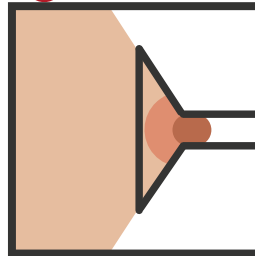
Replace if damaged or residue buildup

- Exclusively Pumping
- Pumping 1-3 times/day

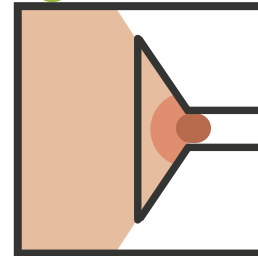
FINDING THE RIGHT FLANGE



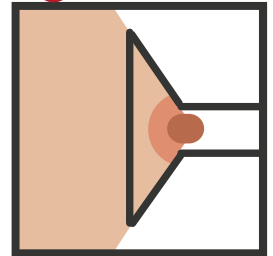
❌ TOO SMALL



✅ PERFECT FIT



❌ TOO BIG



UNDERSTANDING YOUR BREAST PUMP SETTINGS

When it comes to breast pumps, there are two variables you can work with: speed and suction. With both of these, more doesn't necessarily mean better. You want to find a setting that feels comfortable and mimics how your baby naturally nurses, to create the best output of breastmilk.

- 1 Start with a Letdown or Stimulation Mode**
LOW SUCTION + HIGH SPEED
- 2 Go Into Expression Mode**
HIGH SUCTION + LOW SPEED
- 3 *Switch back to Letdown Mode**
LOW SUCTION + HIGH SPEED
*If milk stops flowing, and you want another boost

Power Pumping

Power pumping is a way to mimic cluster feeding, which in turn encourages your body to produce more breast milk. To increase milk production, try power pumping in place of a regular pump session.

PUMP 20 MIN



REST 10 MIN

PUMP 10 MIN



REST 5 MIN

PUMP 5 MIN



REST 5 MIN

PUMP 5 MIN



INCREASING YOUR MILK SUPPLY

It is easy to worry about your milk supply, and that can be a big reason why some people end their breastfeeding journey. However, most breastfeeding parents are (or can) produce enough milk to breastfeed their baby exclusively. If you are worried you may still have a low milk supply, it is always a good idea to go to an IBCLC. In the meantime, make sure to be aware of things that can point to a low milk supply, and things that probably don't.

PAY ATTENTION TO YOUR MILK SUPPLY IF...

- Baby is not gaining enough weight
- Baby is not producing enough wet or dirty diapers
- Baby is nursing but not taking in milk
- Baby is dehydrated. Signs of dehydration include:
 - Dark urine
 - Dry mouth
 - Lethargy
 - Reluctance to feed

TRY NOT TO WORRY IF...

- Baby is gaining weight more slowly or is on the lower end of the growth charts
- Baby is fussy
- Baby nurses frequently
- Your breasts feel softer than they did early in breastfeeding
- You are not producing much milk when pumping

HOW TO KNOW YOUR BABY IS GETTING ENOUGH MILK

- **BABY IS FEEDING REGULARLY**
- **BABY IS SWALLOWING DURING FEEDING**
- **BABY SEEMS CONTENT AND HAPPY**
- **BABY IS GAINING WEIGHT AS EXPECTED**
- **BABY IS POOPING AND PEEING NORMALLY**
 - AFTER 4 WEEKS, YOU SHOULD BE SEEING AT LEAST 5-6 WET DIAPERS AND 3-4 POOPS EACH DAY
- **YOUR BREASTS FEEL SOFTER AND LESS FULL AFTER FEEDING YOUR BABY**



Simple Things THAT HELP YOUR MILK SUPPLY



THUMBS UP SIGNS OF A GOOD LATCH

BREASTFEEDING IS NOT PAINFUL, BUT RATHER MORE LIKE A STRONG TUG

.....

BABY'S BODY IS FACING MOM AND THERE IS NO SPACE BETWEEN THEM

.....

BABY'S CHIN IS PRESSED INTO THE BREAST

.....

BABY'S NOSE IS BARELY TOUCHING THE BREAST (OR NOT TOUCHING AT ALL)

.....

BABY MAKES SWALLOWING NOISES WHILE NURSING

THUMBS DOWN SIGNS OF A BAD LATCH

BREASTFEEDING IS PAINFUL THROUGHOUT THE FEEDING

.....

BABY IS BELLY-UP AND THEY HAVE TO TURN THEIR HEAD TO NURSE.

.....

THERE IS SPACE BETWEEN BABY'S CHIN AND MOM'S BREAST

.....

BABY'S NOSE IS PRESSED INTO THE BREAST

.....

BABY MAKES CLICKING NOISE AND NIPPLE APPEARS SLANTED OR TAPERED AFTER FEEDING

EARLY DAYS OF BREASTFEEDING

STAGES OF BREASTMILK

COLOSTRUM

- Days 1-3
- Thick, light yellow or golden liquid
- Comes in small quantities
- Rich in protein, minerals, vitamins, and immunoglobulins

TRANSITIONAL MILK

- Days 4-14
- Milk becomes lighter in color
- Contains essential enzymes and hormones, as well as higher amounts of fats and calories

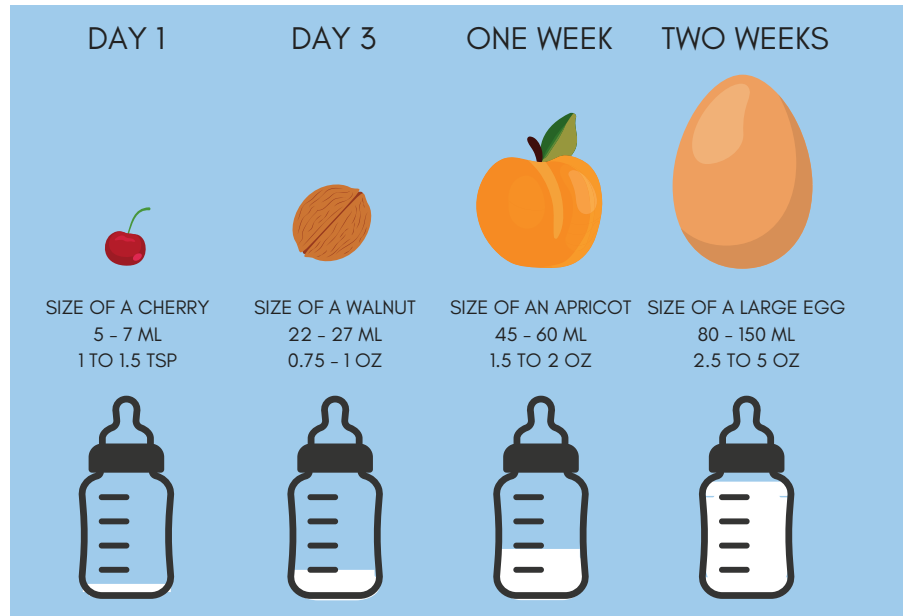
MATURE MILK

- From around day 14 on
- Milk is usually white and fat content changes from feed to feed
- 90% water, 10% carbohydrates, proteins, minerals, and fats

HOW DO I KNOW MY BABY IS EATING ENOUGH?

- Baby is feeding regularly (8-12 times per 24 hr period)
- Baby is swallowing during feeding
- Baby is content and happy
- Your breasts feel softer and not as full after feeding
- Baby is gaining weight as expected
- Baby is pooping and peeing regularly (by day five you should be seeing about 3-4 stools per day and six or more wet diapers a day)

BABY'S GROWING STOMACH SIZE



COMMON BREASTFEEDING POSITIONS

