

MUMSAGA

First 7 Days Pumping Plan

*A gentle, evidence-based guide
to building your milk supply.*

- Daily pumping schedules for Days 1–7
- What to expect at each stage
- Simple checklists to guide each day
- Emotional support notes for the hard moments

Welcome, Mama

Your body is doing something extraordinary. Whether you're pumping from the very first hours or finding your footing in those early days — every drop you produce is precious. Colostrum, that golden first milk, is packed with everything your baby needs right now. This guide will walk you through each of the first seven days with calm, clear steps. There is no perfect — only your best, and that is always enough.

DAY 1Your First Pump

Colostrum & Connection

PUMPING SCHEDULE

8–10 times in 24 hours
Begin within 1–6 hours of birth if possible
Sessions: 10–15 min each side or 15–20 min double pumping
Suggested: 6am, 9am, 12pm, 3pm, 6pm, 9pm, 12am, 3am

WHAT TO EXPECT

Tiny amounts of golden colostrum — even drops are liquid gold
Output may be 1–5ml per session
Breasts may feel soft — don't panic

"You've just grown a human. Your body knows exactly what it's doing — trust it, even in drops."

TODAY'S CHECKLIST

☐ Wash and sterilise pump parts

☐ Set a pumping alarm for night sessions

☐ Collect colostrum with a syringe if needed

☐ Drink 500ml of water before your first session

☐ Rest between pumps when possible

END OF DAY ONE · REFLECTION

Take a quiet moment. There are no right answers — only yours.

● WHAT WENT WELL TODAY

● QUESTIONS I WANT TO ASK

DAY 2

Finding Your Rhythm

Consistency is Key

PUMPING SCHEDULE

8–10 times in 24 hours

Maintain consistent intervals

No longer than 5 hours between pumps overnight

Sessions: 15–20 minutes

WHAT TO EXPECT

Still small volumes — this is completely normal

Slight breast fullness may begin

Baby's stomach is still tiny — supply matches demand

"Every session you show up for is a signal to your body. You're building something remarkable."

TODAY'S CHECKLIST

☐ Track each session time and output

☐ Stay hydrated — aim for 2–3L water today

☐ Eat a nourishing meal before night pumps

☐ Ask for help with baby so you can focus on pumping

☐ Note any nipple soreness to address early

DAY 3

The Shift

Milk Coming In

PUMPING SCHEDULE

8–10 times in 24 hours

If engorged, pump to comfort (not to empty)

Power pump if supply feels low:

20 min on / 10 off / 10 on / 10 off / 10 on

WHAT TO EXPECT

Milk "comes in" — breasts may feel very full, hard, warm

Engorgement is normal

Milk transitions from colostrum to transitional milk

Volume may increase noticeably

"Day 3 can be overwhelming — emotionally and physically. That fullness means your body heard every pump. You're doing it."

TODAY'S CHECKLIST

☐ Apply warm compress before pumping if engorged

☐ Cold compress after sessions to ease discomfort

☐ Watch for signs of blocked ducts (hard lumps)

☐ Wear a supportive, non-underwire bra

☐ Be kind to yourself — the baby blues often peak today

DAY 4

Settling In

Building Your Baseline

PUMPING SCHEDULE

8–10 times in 24 hours
Sessions: 15–20 minutes
Begin establishing your personal schedule
Refrigerate or freeze milk after each session

WHAT TO EXPECT

Output may increase to 15–30ml per session for some
Others still see small amounts — both are normal
Engorgement often eases by end of day

"There's no right number — just your number. Consistency now is worth more than volume."

TODAY'S CHECKLIST

☐ Label all stored milk with date and time

☐ Review your pump flange fit

☐ Eat lactation-supportive foods (oats, nuts, leafy greens)

☐ Sleep when baby sleeps — recovery matters

☐ Celebrate every session, no matter the output

DAY 5

Momentum

Supply & Demand in Action

PUMPING SCHEDULE

8–10 times in 24 hours
Maintain schedule consistently
Try a power pumping session if output is low
Avoid skipping sessions — frequency drives supply

WHAT TO EXPECT

Volume may vary by session — morning often highest
Some mums see 30–60ml per session
Others still building — both are valid

"Your body is responding to every single session. What you do today echoes in your supply next week."

TODAY'S CHECKLIST

☐ Note your highest-output time of day

☐ Try breast massage during sessions

☐ Look at photos or videos of baby to encourage let-down

☐ Check pump battery / power source

☐ Plan your pumping bag if going out

DAY 6

Refining Your Routine

Confidence & Consistency

PUMPING SCHEDULE

8–10 times in 24 hours

Begin tailoring your schedule to your life

Aim for consistent gaps between sessions

Consider return-to-work pumping needs if relevant

WHAT TO EXPECT

Many mums see steadier output today

Nipples often adapt; let-down may happen faster

You're becoming fluent in your body's language

"You've made it to Day 6. That's six days of showing up, every few hours, for your baby. That's love in action."

TODAY'S CHECKLIST

☐ Reassess pump settings for comfort vs output

☐ Review milk storage — rotate oldest to front

☐ Connect with a lactation consultant if concerned

☐ Prep overnight snacks for night pumps

☐ Write down what's working in your routine

DAY 7

Your First Week Complete

Reflect & Commit

PUMPING SCHEDULE

8–10 times in 24 hours

Celebrate maintaining your schedule

Consider your week-two goals

Continue power pumping if supply needs boosting

WHAT TO EXPECT

Some mums produce 60–120ml per session

Others are still building — both paths are normal

What matters is the trend, not the moment

"One full week of pumping. Whatever your output, you showed up every time. Your baby is nourished because you never gave up."

TODAY'S CHECKLIST

☐ Record your total week-one output

☐ Thank yourself — seriously, out loud

☐ Set a pumping goal for Week 2

☐ Book a lactation consultant check-in

☐ Share your win with your support person