

MUMSAGA

Your Exclusive Pumping Schedule Guide

You've got this, mama.

One session at a time.

- Your schedule, your pace
- Your supply can work for you
- Your journey deserves support

Newborn | 0–6 Weeks

Establishing your supply

The newborn stage is about signalling your body to produce milk. Frequent, consistent sessions are key — even in the night hours when prolactin levels are at their highest.

8–10
SESSIONS / DAY

15–20 min
PER SESSION

Every 2–3 hrs
GAP BETWEEN

SESSION	TIME	DURATION	NOTES
1	6:00 AM	15–20 min	Start the day — drink a glass of water first
2	9:00 AM	15–20 min	Mid-morning session
3	12:00 PM	15–20 min	Midday — rest if you can
4	3:00 PM	15–20 min	Afternoon session
5	6:00 PM	15–20 min	Evening session
6	9:00 PM	15–20 min	Before bed
7	12:00 AM	15–20 min	Midnight — crucial for supply
8	3:00 AM	15–20 min	Early hours — prolactin peaks here

TIPS FOR THIS STAGE

- ♥ Don't skip the 1–3 AM window — prolactin is highest overnight and this is when supply is built
- ♥ Power pumping once a day (20 min on, 10 off, 10 on, 10 off, 10 on) can help stimulate supply
- ♥ Stay hydrated — aim for 2–3 litres of water daily
- ♥ Keep a small snack and water bottle at your pumping station

6–12 Weeks

Growing and protecting your supply

By 6–12 weeks, your supply is beginning to regulate. The goal now is consistency — protecting what you have built while allowing yourself slightly longer stretches overnight.

7–8

SESSIONS / DAY

20–25 min

PER SESSION

Every 3 hrs

GAP BETWEEN

SESSION	TIME	DURATION	NOTES
1	6:00 AM	20–25 min	First morning session — often your highest output
2	9:00 AM	20–25 min	Mid-morning
3	12:00 PM	20–25 min	Midday
4	3:00 PM	20–25 min	Afternoon
5	6:00 PM	20–25 min	Early evening
6	9:30 PM	20–25 min	Before bed
7	1:00 AM	20–25 min	Night session — keep one for now

TIPS FOR THIS STAGE

- ♥ Morning sessions tend to yield the most milk — take advantage of that first pump
- ♥ If output dips, increase session frequency temporarily before dropping sessions
- ♥ A hands-free bra makes consistent pumping significantly easier
- ♥ Track your output daily — patterns help you spot supply changes early

3-6 Months

Finding your rhythm

Your supply is more established now, and many mums find they can begin to space sessions slightly further apart. This is a stage of confidence and routine — and for many, the first taste of balance.

5-6

SESSIONS / DAY

20-25 min

PER SESSION

Every 3.5-4 hrs

GAP BETWEEN

SESSION	TIME	DURATION	NOTES
1	6:00 AM	20-25 min	Morning — highest-yield session
2	10:00 AM	20-25 min	Mid-morning
3	2:00 PM	20-25 min	Early afternoon
4	6:00 PM	20-25 min	Evening
5	10:00 PM	20-25 min	Before bed
6 (opt.)	2:00 AM	15-20 min	Drop this when supply is stable

TIPS FOR THIS STAGE

- ♥ Many mums can drop the night session at this stage if supply is well established — do so gradually
- ♥ If you're returning to work, plan sessions around your schedule now to ease the transition
- ♥ Power pumping once or twice a week can help maintain supply as sessions decrease
- ♥ Watch for signs of engorgement if stretching sessions — reduce slowly to avoid mastitis

6–12 Months

Maintaining supply alongside solids

As your baby begins exploring solid foods, your milk supply may naturally start to shift. These sessions help you maintain a comfortable output while giving you more freedom in your day.

4–5

SESSIONS / DAY

15–20 min

PER SESSION

Every 4–5 hrs

GAP BETWEEN

SESSION	TIME	DURATION	NOTES
1	6:30 AM	15–20 min	Morning session — still your best yield
2	11:00 AM	15–20 min	Midday
3	3:30 PM	15–20 min	Afternoon
4	8:00 PM	15–20 min	Evening — before bath and bed routine
5 (opt.)	11:30 PM	10–15 min	Drop when comfortable

TIPS FOR THIS STAGE

- ♥ As solids increase, milk needs may decrease — this is completely normal
- ♥ Breast milk remains the primary nutrition source until 12 months, so maintain at least 4 sessions
- ♥ Watch for sudden output drops — stress, illness, and hormonal shifts can affect supply
- ♥ Celebrate this stage — you have nourished your baby for six months. That is extraordinary.

12+ Months

A gentle transition

You have reached a full year of exclusive pumping — an achievement that deserves to be honoured. Whether you continue, reduce, or begin weaning, this stage is yours to lead at your own pace.

2–4

SESSIONS / DAY

10–15 min

PER SESSION

Every 5–8 hrs

GAP BETWEEN

SESSION	TIME	DURATION	NOTES
1	7:00 AM	10–15 min	Morning
2	1:00 PM	10–15 min	Midday — can be dropped first when weaning
3	7:00 PM	10–15 min	Evening
—	As needed	10 min	If engorged or uncomfortable

Weaning Approach — optional 2-session schedule

SESSION	TIME	DURATION
1	7:00 AM	10–15 min
2	7:00 PM	10–15 min

TIPS FOR THIS STAGE

- ♥ Wean gradually — dropping one session every 5–7 days minimises engorgement and risk of mastitis
- ♥ Cabbage leaves, cold compresses, and sage tea can help reduce supply during weaning
- ♥ There is no "right" time to stop — the right time is when it feels right for you
- ♥ Your journey has been remarkable. Whatever comes next, you did enough.