



To optimize breastmilk production, drain your breasts at least 8 times per day, which is about every 3 hours.

If your baby won't latch or won't drain your breasts, you'll need to drain them with a pump or by hand expression, perhaps into a Haakaa.

Your pumping journey will depend on

- how much time you will spend away from your baby, and
- how easily your body produces a milk supply. You might tend to be an under-producer, a just-enough- producer, or an over-producer.



Tips to optimize pumping sessions

- Use a high quality double electric breast pump.
- If you use a pumping bra, make sure it's loose enough, so it doesn't constrict milk flow.
- Gently massage your breast tissue before pumping, perhaps with oil on your fingers.
- Adjust the **suction strength** so it's strong but comfortable.
- Adjust the suckling speed so it pumps quickly for a couple minutes. This is the **let-down** feature.
- When milk starts flowing, adjust it to a **slower suction** cycle, to mimic how a baby nurses to draw milk out. Your pump might do this automatically.
- **When milk flow slows down**, adjust it to a faster suckling cycle, to see if you let down again. Some moms have several let downs.
- Finish the session with **hands-on pumping**, perhaps one breast at a time, as shown in this Stanford University video. <https://youtu.be/btCMw5WYas>
- A hands-free, battery operated **wearable pump** is placed inside your bra to conveniently pump. If you struggle to produce enough milk, or don't know yet, only use this when you can't sit down to pump with a double electric system.

How many minutes to pump

- Pump for about **15 minutes** before your milk comes in, even if no milk comes out. This stimulates the hormones to establish milk production.
- Once your supply is established, you can stop pumping when you're **empty**. Milk cells just need to get empty in order to make more milk.
- Whether nursing or pumping, most milk comes out in the first 8 minutes or so.

For comfortable pumping

Make sure the flange fits your nipples.

- **24mm** is the standard size. Other sizes are available.
- too big, and excess breast tissue pulls into the tunnel and may hurt.
- too small, and the sides of your nipple will rub on the inside wall of the tunnel, which may cause friction.

Pump or hand express

- Remove colostrum if your baby **doesn't latch** in the first 24 hours of life.
- Pump to pull out **flat or inverted** nipples.
- If your **breast is too firm** for your baby to latch, hand express into the Haakaa, just enough to soften it.
- **Pump after 5 hours at night** if your baby sleeps through, to maintain your milk supply.
- **Remove just enough milk to be comfortable**, if you're too full and your baby won't nurse any more. Perhaps use a Haakaa to collect a bit of leakage or hand express into it.
- Whenever your baby is bottle fed breastmilk or formula, drain your breasts with a pump or by hand expression.
 - > when **you are away** from your baby at work, at school, when ill, on vacation, etc.
 - > when he gets a **practice bottle**
 - > when you **triple feed** (nurse – supplement – pump) to manage low milk supply or poor milk removal
- Remove extra milk to **stock-pile frozen milk** for back-up. Not everyone can make enough extra for storage.

Ideas:

- > Pump to empty after your **first morning nursing** session, when your breasts are at their fullest.
- > Let milk leak into the Haakaa while your baby nurses the opposite breast. See below for risks.
- **Exclusive Pumping:** A feeding plan for which you express milk regularly, and then bottle feed it.

Why do this?

- > Your baby won't latch.
- > Latching hurts too much.
- > Your baby nurses too slowly or is ineffective.
- > You want to measure how much your baby drinks.
- > You prefer this plan.

Note: A baby who nurses well stimulates milk production better than a pump. But not all babies nurse well.

Skin-to-skin time helps milk let down during pumping.

Things to know about the Haakaa

Before your milk supply is established, you won't know if you are an under-producer, an over-producer, or a just-enough-producer. You will soon find out if you are a leaker or not.

In the early days, you may be tempted to catch leaking milk in a Haakaa, rather than waste it by letting it leak into a nursing pad. However, you should stop the leak by applying pressure to the nipple. Why? If milk leaks freely into a Haakaa, it won't be in your breast for your baby to drink when he switches to that breast during a feeding session. He'll be left hungry and frustrated.

Also, if you don't realize you're an evolving over-producer, the extra milk removal may ramp up your milk supply, which can be a problem, if not properly managed.