

## **Pumping & Supply Tips for the Breastfeeding Working Mother**

1. You decided to breastfeed your baby and made a commitment to provide the best nutrition possible. When returning to work, you want to continue breastfeeding but need to provide enough pumped breastmilk for the time you are away. Juggling breastfeeding and working is not easy. Have confidence in yourself, you can do this!
2. If you are gone from home 8-10 hours, try to pump 2-3 times. Longer than 10 hours will require 3-4 pumping sessions. Remember, a full breast that is not emptied tells the body to make less milk. More frequent removal, even small amounts, tells the body to make more. If you have a busy day and don't pump often, try to make up for it in the evening or the next day with more frequent nursing or pumping.
3. Keep your water bottle handy. Drink at least 8-12 oz of water 30 minutes before you need to pump.
4. Prime the breast before pumping for 10-20 seconds. Slow deep breathing, areolar stimulation, & breast massage. Close your eyes, think about your baby. Play your favorite music. Rockabye Baby songs will remind you of The Breastfeeding Center and you'll get lots of milk! You have to go from busy, busy to relaxation to get a good let down, so this time is well spent for making the switch.
5. Additional ideas for getting a let down include having reminders of your baby handy. Record your baby cooing on your phone and play it while pumping. Close your eyes, take a deep breath and visualize milk flowing from your breast, a water fall of breastmilk! Some mothers like to get their mind off of pumping and read a book or magazine. Try different things to see what works best for you.
6. With a 2-phase pump like Medela, begin with the stimulation phase, and as soon as your milk flows switch to expression phase. When the milk stops flowing, switch back to stimulation for a second letdown. Many moms stop after the first letdown and miss out on extra ounces of milk.
7. Breast compression is important. If you can't pump with a hand free, stop in and we will fit you for a "hands-free" nursing band. We have 3 styles available, as every mom is different. This will also allow you to eat, talk/play on your phone or get work done. Teachers love to grade papers while pumping! If you are multitasking, maybe you could pump longer.
8. Nurse your baby in the morning and then pump any extra. Some mothers will pump one side while the baby nurses on the other. Pump in the car to and from work with a hands-free band. Try to breastfeed right before leaving and as soon as you get home. Some mother's will nurse at the sitters before leaving for home.
9. When you are home, always breastfeed to stimulate your supply. Many times your supply will be low after working several days in a row. Use your days off to nurse often and when you return to work your supply will be up again. Babies are the best stimulator of a mother's milk supply.
10. Use a slow-flow bottle nipple. Most breastfed babies drink around 4 oz their entire first year of life. Sometimes more, sometimes less, but rarely more than 5 oz even though they will drink it. If your sitter wants to give more than you pump, you might need to explain that breastfed babies don't need the larger quantities that formula fed babies drink. Recommend other comfort measures. Stop by The Breastfeeding Center for a weigh and feed to see how much your baby gets from you. Once on solids, the amount can be less during the day as long as the baby's urine remains clear or pale yellow.
11. Some babies will make up for less milk during the day by nursing more when mom is home. This is called Reverse Cycling. Some moms use this technique and encourage more night time feedings so they do not have to worry about how much milk they pump at work.
12. Herbal options include teas designed to boost your supply. Herbal supplements such as Motherlove's More Milk Plus are a liquid tincture of fenugreek, blessed thistle, fennel and nettle. Because it is a liquid and very concentrated you do not need to take as much as the dried herbs you buy at a drug store. They also absorb into your blood stream quicker. The liquid also comes in a capsule for those who don't like the herbal taste. Other suggestions are oatmeal & brewer's yeast. Look on our website for our Lactation Boosting Cookie Recipe or stop in to purchase Milk Maker's oatmeal/choc chip cookies. Domperidone can be ordered online and works quickly to boost your supply.
13. Please stop in to see us or visit our Facebook page <http://www.facebook.com/thebreastfeedingcenter> if you have additional questions.

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