



## Introduction To Pumping

Pumping has a very steep learning curve, which means it's overwhelming at first, but once you have the proper materials and do it a few times, you'll feel like an expert. This guide will give you the basics to set you up for pumping success.

### GET TO KNOW YOUR PUMP

- Youtube is a great resource for understanding your particular pump.
- All sessions should begin with a “massage” or “letdown” mode and then move into “expression” mode for the majority of the pumping.
- Check pump parts regularly and have back up parts on hand as things break and go missing.

### PROPER FLANGE SIZE IS IMPORTANT

- Flange size can influence the efficiency of pumping—and your comfort level.
- When considering flange size, the diameter of the nipple in relation to the opening of the “tunnel” of the flange is what you are measuring.
- You can lubricate the tunnel/flange junction with olive oil, coconut oil or nipple butter to have more comfort while pumping, if you feel discomfort.
- If supply seems to decrease, reconsider the flange size and check to see if any other pump parts need to be replaced.

### THE LETDOWN WHILE PUMPING

- Some find letdown a little slower when pumping versus when nursing. Being relaxed can help.
- It can help to look at a photo or video of your baby or have a piece of your baby's clothing while pumping.
- Consider playing relaxing soundscapes or meditating while pumping.

### ADDITIONAL TIPS

- Ensure proper storage and handling of pumped breast milk. Have cooler packs, milkstorage bags, etc ready to go. It is best to transfer fresh pumped milk to storage containers rather than cold milk to prevent loss during transfer when the cold fatty and nutritious milk sticks to the side of the bag/bottle.
- Follow milk storage guidelines for unrefrigerated milk, refrigerated milk, and frozen milk.
- If milk supply is still struggling, try massaging the breasts while pumping to boost supply!

This guide was created in collaboration with lactation consultant Carrie Dean, IBCLC for Expectful, Inc.