

# Tips for Successful Pumping

- Pump at approximately the same time each day.
- If separated from your baby, pump at the times your baby usually feeds.
- Promoting the milk ejection reflex (letdown) with a relaxed environment, warm compresses and gentle breast massage will improve milk flow.
- When single pumping, move the breast cup back and forth between breasts several times throughout the pumping session to improve milk yield.
- Don't be discouraged if your first attempts result in very little milk yield. Regular pumping usually results in ample yields in one to two weeks.
- Store milk in amounts baby is expected to consume in a single feeding to avoid waste.
- Milk may be stored in glass or rigid plastic baby bottles or milk bags especially meant to freeze breast milk. Label container with date, time of collection and any unusual food or medicine consumed. Milk may be refrigerated for use within 8 days. Freezing is recommended for later use. Acceptable times for frozen storage vary with the temperature of the freezer. Long storage may create freezer burn or an off taste.
- Raw human milk separates on standing with fat rising to the top. Just shake gently to redistribute fat particles evenly.
- Human milk should be gently warmed to body temperature by standing the bottle in a bowl of warm water. Heating in boiling water or a microwave may destroy some components in human milk and scald your baby during a feeding.
- Your baby may resist initial attempts to take milk in a bottle. Using a newborn size, slow-flow nipple, and having someone else offer the feeding may make it easier. Depending on the age of the baby, cup or spoon-feeding may be more acceptable. Be Patient.
- If you require assistance, please call one of the listings in the Provider section of the Directory.