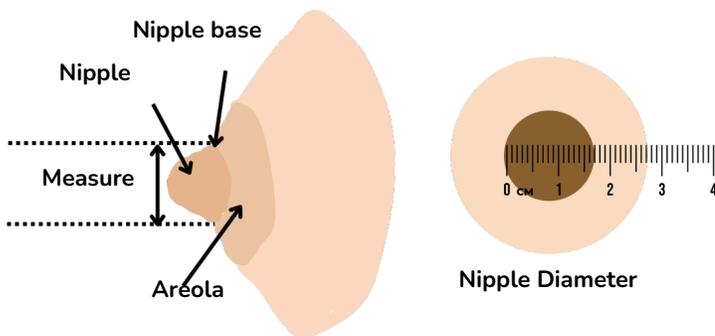


# Pumping 101 - A Guide For Parents

If breastfeeding is going well and baby is latching effectively, **wait until around 4–6 weeks postpartum to begin pumping regularly.** This allows time for milk supply to regulate and for breastfeeding to be well-established. Occasional pumping earlier may be done to relieve engorgement or if a bottle is needed for a short separation.

## Finding the Right Fit:



17 mm

up to 13mm

20 mm

up to 16mm

24 mm

up to 20mm

27 mm

up to 23mm

### Signs your flange is too small:



- Pain while pumping
- Nipple rubbing against the tunnel
- Poor milk output

### Signs your flange is too large:

- Excess areola being pulled in
- Slipping/suction loss
- Nipple swelling

## Pumping On a Schedule:

### Exclusively Pumping:

Pump every 2–3 hours (8–12 times per day) in the early weeks.

Sessions should be 15–20 minutes long.

Include at least one overnight session for optimal supply.

### Pumping to Build a Stash (while also nursing):

Add 1–2 pumping sessions per day, ideally in the morning when milk supply is highest.

Pump after or between feedings.

### Back to Work Routine:

Pump every 3 hours while away from baby to maintain supply (e.g., 10am, 1pm, 4pm).

Nurse directly when with baby.

## Freshly Pumped/Expressed

Countertop  
77°F (25°C) Or  
Colder Up to 4  
Hours

Refrigerator  
40°F (4°C) Or  
Colder  
Up to 4 Days

Freezer  
0°F (-17°C) Or  
Colder  
Up to 6 Months  
(12 months is ok)

## Thawed/Previously Frozen

Countertop  
77°F (25°C) Or  
Colder 1 - 2  
Hours

Refrigerator  
40°F (4°C) Or  
Colder  
Up to 1 Day

Freezer  
0°F (-17°C) Or  
Colder  
Never refreeze  
thawed milk!

## Leftover

Use within 2  
hours whether  
you refrigerate it  
or not!

**It's not considered safe to mix freshly expressed milk with milk that's been previously pumped and chilled.**

Remember that the best choice is the one that works best for you and your family! Don't be afraid to reach out to an IBCLC for support if needed.

