

## Tips for Pumping Breastmilk



### There are times, either planned or unexpected, when breastfeeding mothers need to express their milk, or be away from their baby.

Pumping (or expressing) is a great way to get extra breastmilk for your baby for occasions when you need to be apart for a feed, or if you need to boost your milk supply. These tips, and a little practice, can go a long way in getting the most out of your breast pump.

Pumping generally falls into two categories: extra breastmilk for occasional use (such as when you have an appointment), or building supply for when you need to be away for longer stretches of time (such as going back to work). There are also times when pumping can help you give your supply a boost, but don't forget that baby at the breast is usually the best way to teach your body to make more.

#### When to Pump

Many mothers find they have the most success when they pump first thing in the morning. Baby feeding during the night will boost prolactin levels and increase supply, and resting has allowed their milk supply to replenish.

Pumping whilst baby feeds at the other breast is a way to benefit from the let-down produced by baby feeding, and may yield better results for you. (Remember, baby will always manage to access more milk than a pump does!)

If you are planning a return to work, it may be best to start collecting small amounts of breastmilk over 3-5 weeks before your start date. That way you will not be under so much pressure to fill the freezer, and by the time you start work your body will have 'tuned in' to the pump a bit more! Double pumping (both sides together) stimulates your hormone levels more, so encourages your body to produce even more milk.

#### Returning to Work as a Pumping Mother

Going back to work takes a little more planning because you'll want to have an ample amount of breastmilk saved in advance. To build up supply, pump after feeds, to ensure your breasts are well-drained, and which signals your body to make more. You can store the excess in your freezer.

When you're back at work, pump at the times when your baby would feed, then safely store the milk and bring it home to add to your freezer stash.

