

25 Pumping Tips

Note: These are in no particular order. Take what works for you and leave what does not!

1. Pump for at least 15 mins, from each breast, and for each session
2. Play around with your pump settings. Remember the higher the setting doesn't mean more milk
3. Massage breasts for at least 3-5 mins before a pump session
4. Lean forward while pumping
5. Get a hands free bra
6. Always have good hygiene. Wash your hands and clean your area before pumping
7. Compress breasts at the later end of a pump session, rubbing/ massaging downwards towards the nipple with your thumb
8. Don't focus on pumping enough milk to fill the bottle
9. Make sure you are using the correct flange size
10. Buy a few extra pump part sets and bottles
11. Drink something warm right before a pump session
12. Don't forget to change your pump parts after time
13. Sterilize your breast pump parts before use
14. Relax as much as possible
15. Use coconut oil on nipples or put some in the flanges before you start pumping
16. Use a breast pump cushion
17. Cover the breast pump and flanges while pumping
18. Read a book, watch some tv, think baby thoughts while pumping
19. Make sure to read your breast pump manual before hand
20. Download a good pump app (Milk Stash is a good one)
21. Get you a multifunctional Pumping Bag
22. Always check for bacteria buildup or residue in breast pump tubing, parts, flanges etc
23. See if you qualify for replacement pump parts through your insurance
24. Pack a snack and some water
25. Don't watch the clock, set your timer instead

Need a little extra support? Get your affordable virtual consultation [here](#). Mama, I can help!

Supporting Mamas One feeding at a Time & Beyond!

