

## TIPS FOR PUMPING



Choose the calmest time and place you can to start pumping



Consider covering the bottle with a sock to minimise yield stress and maximise oxytocin



Have everything you need handy including water, music and a photo that makes you feel warm and fuzzy



Give your breasts a very gentle massage (no firmer than you would pat a cat!)



Take a few deep calming breaths and ensure you are comfortable



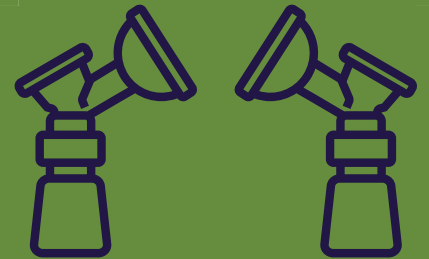
Apply pump (ideally to both sides) turn on and adjust to comfortable setting



Relax and pump for 10 minutes - not focusing on the amount you are getting



You will get different yields at different times of the day so play around with what works best. The AVERAGE yield per session (both sides) is around 30ml, but this varies



If you are pumping to increase supply, double pump for 15 minutes (unless advised otherwise)

**IT CANNOT BE STRESSED ENOUGH THAT THE AMOUNT OF MILK YOU ARE ABLE TO PUMP IS NOT EVER A RELIABLE INDICATOR OF HOW MUCH MILK YOU ARE PRODUCING, OR HOW MUCH MILK BABY IS TAKING IN. THE HEALTHY BREASTFED BABY IS USUALLY MUCH MORE EFFICIENT AT GETTING MILK FROM THE BREAST THAN A PUMP IS.**