

**Pumping and Milk Storage**

**“Full Pumping” Instructions:**

1. Wash your hands with soap and hot water.
2. Sit in a comfortable chair where you can relax.
3. Most mothers find that putting a warm, wet washcloth on the breast and gently massaging the entire breast for 10-15 seconds will stimulate the let-down of milk and pump more milk.
4. Center the nipple into the flange opening. It should not rub, pinch or be painful. **Correct flange size is important.**
5. Turn the pump on with the pressure setting on **low**.
6. Slowly increase the pressure until milk let-down. Do not increase the pressure above comfort level as soreness may occur.
7. Pump approximately 10 minutes or until the milk flow has slowed/stopped.
8. If single pump (one side), repeat the steps of pumping on the other side.
9. Single pumping will take 20-25 minutes; double-pumping - 10-15 minutes.
10. If needed, applying 1-2 drops of 100% virgin olive oil on the nipples before pumping will help with pumping tenderness.

**Pumping to Store Milk:**

- With an **am** feeding, nurse the baby on **one** side, burp and finish feeding on the **same** side. Prepare and pump the other side. Store this milk. If the baby acts like he needs more, nurse on the side you pumped, there will be some milk in the breast.
- Most moms get more milk pumping with an am feeding. If that does not work with your schedule you may pump one side at any feeding. Varying amounts from each side and from different times of the day is normal.
- **Most moms only need to pump one time/day.** In addition to the one sided am pumping, some moms pump before they go to bed, after the baby’s last feeding.
- **Start pumping and storing milk at least 6-8 weeks before your return to work/school date.**

**Milk Storage:**

- Glass or hard plastic BPA-free bottles, commercial milk storage bags or clean glass food-grade containers may be used to store breastmilk.
- It is normal for your milk to vary in color, consistency and odor
- It is normal for the milk to separate into layers with a creamy looking layer on top. Gently swirl the container to mix the layers together before feeding.
- Breastmilk, like most liquids, expands when frozen, so leave additional space at the top of the container.
- If using bags, make sure they are securely closed.
- To decrease defrosting time, freeze the bags flat before placing them in the freezer zip lock bag.
- For longer storage time, place containers or bags of milk into a freezer zip-lock bag which acts as a double wall of protection.
- You may add refrigerator cooled milk to previously cooled milk in the refrigerator.
- You may add cooled milk to frozen milk so long as the amount is a smaller amount than in the frozen container.
- **Thawed milk may not be refrozen.**
- **Milk may not be re-refrigerated if warmed or fed to the baby. Throw out any left over milk within an hour.**
- **Never microwave breastmilk,** which can cause burns to the baby’s mouth and change the composition of the milk.
- **Do not use scalding hot water** to defrost frozen milk, as this may destroy some of the protective cells of the milk and may cause curdling.

**Milk Storage - Freeze 1, 2, 3 and 4 oz amounts**

Room Temp	Cooler with frozen packs	Refrigerator	Freezer section of refrigerator	Separate deep freezer	Thawed in refrigerator *use within 36 hours once removed from freezer	Warm water thaw
Up to 6 hours *refrig in 1hr preferred	Up to 24 hours	Up to 7 days  *You do not have to wait 7 days to freeze milk. If not needed, freeze the milk.	Up to 6 months  *Placing storage containers into a freezer zip-lock bag will preserve better milk quality	Up to 12 months  *Placing storage containers into a freezer zip-lock bag will preserve better milk quality	Up to 24 hours, after thawed  *It will take 8-12 hrs to thaw, depending on how much in container	Up to 1 hour  *Do not microwave, use the stove or hot water to thaw or warm milk

**Average Intake by Age**

Each baby is different but some guidelines are listed below:

2 wks to 1 month ----- 1 ½ -3 oz per feeding	4-6 months ----- 4-6 oz per feeding
1-2 months ----- 2-4 oz per feeding	6-12 months ----- Introduction of solids, amount of solids and/or cup training will change amounts
2-4 months ----- 3-5 oz per feeding	