



HOW DO I PUMP & STORE BREAST MILK?

Expressing milk regularly is the key to stimulating and maintaining a milk supply. Pumping routines should stimulate a baby's feeding schedule. Working mothers will need to express milk at times when baby would usually be fed.

Preparing to pump

- Wash hands before handling any of the breast pump parts, the breasts or expressed breast milk.
- Wash the parts of the breast pump that touch the breast or the expressed milk with hot soapy water and rinse.
- Read the instructions in the pump accessory kit before using the pump.
- Centre the breast shield over the nipple so the nipple can move in and out without rubbing against the sides. Turn on the pump *after* positioning the kit.
- If using an electric pump, always begin pumping with the suction regulator on minimum.
- Make yourself comfortable before pumping. Sit with your shoulders relaxed and back supported. Have everything you need, including something to drink, within reach.
- Relax to help your milk "let-down". Many women find that their milk lets down when they think about their baby or look at a picture of their baby while pumping.
- Try breast massage or warm compresses on the breasts before pumping. Some women gently stimulate the nipple before using the pump. Moisten the breast before placing the shield on the breast to create a "seal."
- Double pumping (pumping both breasts at the same time) is effective for mothers who have limited time available for pumping breaks. This option can cut pumping time in half and some believe that milk production is stimulated more effectively.

Pumping breast milk

Human milk can vary in colour, consistency and smell depending upon the time of day the milk was expressed and the age of the baby at the time of pumping.

Good times to express milk are upon awakening in the morning or when the baby has not completely emptied the breast. If the baby is sleeping for long periods (4-6 hours), try pumping after baby has been asleep for 1-2 hours.

Remember that pumping and/or hand expression is a learned skill. Effectiveness improves with practice. The amount of milk pumped depends on many things: how long it has been since baby nursed, how practiced the mother is at pumping, how comfortable she is in her pumping setting, the time of day, how established is her milk supply, and her level of stress.

A nursing baby will always be more effective at emptying the breast than a pump. If the amount pumped in the beginning is small, that does not necessarily reflect the mother's milk supply.

Double pumping is effective for mothers who have limited time available for pumping breaks





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Storing breast milk

Storing your milk in the same container you collect it in is very convenient. It saves time, minimizes waste of your precious milk, and reduces the risk of contamination.

Fresh milk should be stored in hard plastic or glass containers or special mother's milk freezer bags. **(go to Website, Products – Breastfeeding Accessories)**

Inexpensive plastic bottle bags are not intended for milk storage. AMEDA's Mother's Milk Freezer Bags have a layer of plastic and a layer of nylon to prevent contamination of milk from punctures or splitting.

Mother's Milk Freezer Bags

Freeze milk in small quantities (60ml) to minimize waste and for easy thawing. Cool freshly expressed milk in the refrigerator before adding to a container of frozen milk. Use a non-toxic marker to label containers with date/time pumped. Add baby's name if taking milk to day care centre, sitter or hospital.

Deciding how much milk to leave for baby

To help calculate how much milk to leave for feedings, the following formula is helpful. A baby will usually consume approximately 75ml of milk per 500g of body weight in a 24-hour period, up to a total of 950ml. For example, a 6kg baby will need a total of about 900ml of milk in a 24-hour period, which equals about 90ml to 113ml to per feeding for 8 to 10 feedings.

Thawing frozen breast milk

Do

Thaw frozen milk in its container under cool running water, gradually adding warmer water until the milk is thawed. Gently shake the container of thawed milk before feeding to baby to mix the layers that have separated.

Don't

Defrost breast milk under hot running water or in boiling water

Defrost milk in the microwave. Uneven heating patterns may alter the composition of the milk and can create "hot spots" that can burn the baby's mouth.

Storage Guidelines

Place	Temperature	Time
Room Temperature	19° to 22°C	10 hours
In a Refrigerator	0° to 4°C	8 days
Freezer Compartment <i>Inside a Refrigerator</i>	Temperature Varies	2 weeks
Freezer Compartment <i>with Separate Door</i>	Temperature Varies	3-4 months
Separate Deep Freezer	-19°C	6+ months
Previously Frozen Milk	0° to 4°C <i>in Refrigerator</i>	24 hours
Previously Frozen Milk	Room Temperature	1 hour

This information applies only to mothers who are pumping for healthy full-term babies.

Mothers who are pumping for a premature or hospitalised baby should contact the hospital for individual guidelines

As frequently as possible, use milk that is fresh or has been refrigerated, not frozen. Freezing milk kills some antibodies, although frozen breast milk is still much better for your baby than infant formula (Mohrbacher, 1997).

This is general information and does not replace the advice of your physician or healthcare provider.

If you have a problem you cannot solve quickly, seek help right away.

Every baby is different, and your baby may not be average.

If in doubt, contact your physician or other healthcare provider.