

EXCLUSIVE PUMPING SCHEDULE

0-6 MONTHS

- 6 - 8 PUMPING SESSION PER DAY
- 25 - 35 OUNCES OF MILK PER DAY
- NIGHTTIME PUMPING REQUIRED

24 HOURS SCHEDULE

- 12:00 MIDNIGHT PUMP
- 3:00 NIGHTTIME PUMP
- 7:00 FIRST PUMP OF THE DAY
- 10:00 MID MORNING PUMP
- 13:00 LUNCH TIME PUMP
- 16:00 AFTERNOON PUMP
- 20:00 EVENING PUMP

DAYTIME ONLY SCHEDULE

- 7:00 FIRST PUMP OF THE DAY
- 10:00 MID MORNING PUMP
- 13:00 LUNCH TIME PUMP
- 16:00 AFTERNOON PUMP
- 19:00 EVENING PUMP
- 22:00 NIGHTTIME PUMP

6+ MONTHS

- 2 - 4 PUMPING SESSION PER DAY
- 15 - 35 OUNCES OF MILK PER DAY
- REDUCE IF WEANING ALREADY

6 - 9 MONTHS

- 08:00 FIRST PUMP OF THE DAY
- 12:00 LUNCHTIME PUMP
- 16:00 AFTERNOON PUMP
- 20:00 EVENING PUMP

9 - 12 MONTHS

- 08:00 FIRST PUMP OF THE DAY
- 15:00 MID MORNING PUMP

PUMPING SCHEDULE FOR THE WORKING MOM

0-6 MONTHS

- 2 - 3 PUMPING SESSION PER WORKDAY
- 25 - 35 OUNCES OF MILK PER DAY
- NIGHTTIME PUMPING REQUIRED

DAYTIME SCHEDULE

- 06:00 BREASTFEED
- 09:00 WORKPLACE PUMP
- 12:00 WORKPLACE PUMP
- 15:00 WORKPLACE PUMP
- 18:00 BREASTFEED + PUMP

PUMPING SESSION TO DO LIST

- DRAIN BREASTS (20 MIN)
- LABEL AND STORE MILK (5 MIN)
- CLEAN BREAST PUMP (5-10 MIN)
- HYDRATE!!

6+ MONTHS

- 1 - 3 PUMPING SESSION PER DAY
- 15 - 35 OUNCES OF MILK PER DAY
- REDUCE IF WEANING ALREADY

DAYTIME SCHEDULE

- 06:00 BREASTFEED
- 10:00 WORKPLACE PUMP
- 15:00 WORKPLACE PUMP
- 18:00 BREASTFEED + PUMP

TIPS

- SET AN ALARM SO YOU ALWAYS TAKE YOUR HARD EARNED SUPPLY HOME!
- KEEP A PIC OF YOUR BABY NEAR WHILE PUMPING

BREASTFEEDING + PUMPING SCHEDULE

0-3 MONTHS

- BABY'S DEMAND DRIVES FREQUENCY
- TIME OF DAY LESS RELEVANT
- LESS MILK STORES REQUIRED

BREASTFEED ON DEMAND

- FEED 7-12 TIMES A DAY
- NEVER MORE THAN FOUR HOURS BETWEEN FEEDS

PUMP AFTER FEEDING SESSION

- WAIT AT LEAST 30-60 MIN
- DEMAND FOR STORED MILK MAY NOT WARRANT MUCH PUMPING.

3+ MONTHS

- FEEDING HABITS MORE PREDICTABLE
- GAP BETWEEN FEEDINGS LONGER
- TIME AWAY FROM MOM DRIVES DEMAND

GIVE MOM A BREAK

- 03:00 BREASTFEED/BOTTLE FEED
- 07:00 BREASTFEED + PUMP
- 10:00 BOTTLEFEED
- 13:00 BREASTFEED + PUMP
- 16:00 BOTTLE FEED
- 20:00 BREASTFEED + PUMP

PUMP AFTER FEEDING SESSION

- WAIT AT LEAST 30-60 MIN
- PUMP SESSION DEPEND ON NEED FOR BOTTLED MILK
- ALTERNATE FEEDING METHOD TO REDUCE RELIANCE ON MOM