

# Helpful Hints When Pumping

## Before Pumping Wash your hands.

- ♥ Relax in a quiet place.
- ♥ Have baby's pictures, clothes or audiotape of baby with you.
- ♥ Massage your breasts in a circular pattern. Then, lightly stroke your breasts from the outer edges toward the nipple.
- ♥ Warm washcloths or shower will help your letdown.

## While Pumping:

- ♥ Center the pump over your nipple and areola.
- ♥ Always start on minimum speed and then increase to comfort.
- ♥ Your milk flow will be different. It will drip slowly at first, then squirt forcefully after let down.
- ♥ When milk flow slows down, switch to the other breast.

## Things to Know:

- ♥ Some women find it easy to nurse their baby on one breast while expressing milk from the other.
- ♥ Most moms find they have the most milk in the morning.
- ♥ When first learning how to hand express, practice in the shower.
- ♥ Plan to pump at least once for every bottle baby gets.



Pumping Hints  
Collecting Breastmilk  
Hand Expression  
Storing Breastmilk  
Tips For Mom And Baby