

Building Your Milk Supply

Pumping or breastfeeding as soon as possible, ideally within 6 hours of birth, helps build milk supply. Mothers who pump early, use their hands with pumping, & thoroughly empty their breasts make more milk.

Pumping Colostrum (early milk)

- Pump valuable colostrum (early milk) to feed or use to swab your baby's mouth.
- Don't worry if there isn't much—it provides important antibodies to your baby and helps build your milk supply.

Hand Expression helps you make more milk!

- Add hand expression to at least 6 of your pumping sessions per day during the first 3 days. Scan the QR code below to learn proper techniques.

How often should I pump?

- **Pump a minimum of 8 times each day to start**
 - Pump for 15 minutes during colostrum stage
 - Pump for 2 minutes after the last drop is expressed and until breasts are empty (usually not more than 30 minutes).
 - Sleep no more than 4 hours at night and pump more often during the day (usually every 2-2.5 hours).
 - Once you are making 25-35 ounces each day (per baby), you may decrease pumping to 6-7 times per day.
 - Talk to a lactation consultant about oversupply if you are making >35 ounces per day.

What is a full milk supply?

- Colostrum is the first expressed milk (expect drops to teaspoons).
- Milk volume increases between days 2-5.
- Full milk supply is usually achieved by day 14
 - May take longer with premature infants and certain maternal health risks.
- Approximately 25-35 oz per baby per day.

Tracking your pumping

- Keeping a log (on paper or on an app) of your pumping to help you reach your pumping goals