

How to Pump Your Breast Milk

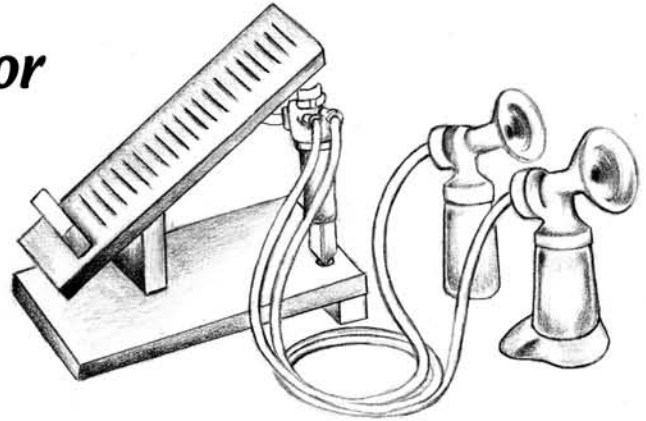
Mothers who are pumping milk for premature or sick babies should consult their pediatrician or a lactation consultant. These guidelines apply to healthy term babies.



YOU WILL NEED:



or



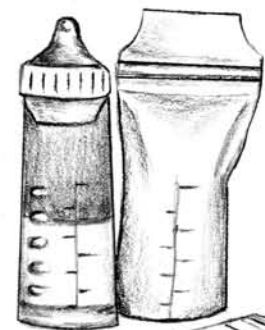
To Pump Your Milk:

- ♥ Learn how to use your breast pump correctly
- ♥ Set up a pumping schedule — Pump at the same times each day.
- ♥ Wash your hands with soap and water before you begin.
- ♥ Pour small amounts of collected milk (2 to 3oz) into a clean bottle or milk storage bag.
- ♥ Date and label the milk storage bag, leaving an inch of empty space.



or

and



Helpful Hints:

- ♥ Before pumping, place a warm towel on your breasts; massage your breasts to improve the flow of your milk.
- ♥ You may not get a lot of milk the first few days. Continued pumping will increase your milk supply.

