PUMPING!!!
How Much Is Enough?

IMPORTANT: The amount of milk the baby drinks, or the mother pumps and removes from the breast in the first days and weeks of life, tells the body how much to make, for the rest of the current and future feedings.

What Is A Normal Amount Of Milk? (Nursery bottles hold 60ml).
* Day 1 Drops or nothing.
* Day 2 Drops or nothing.
* Day 3 25-75ml total in a day
* Day 5 150-225 ml total in a day.
* It should continue to increase gradually….
* Day 14 750ml + total in a day

How Does Engorgement Affect Milk Supply?
* It is important to remove the milk frequently to have a good milk supply.
* It is not unusual for the milk supply to decrease after the engorgement period so keep pumping even if it seems like a lot of milk. You will be glad later that you did not slow up in your efforts.

What Are Long Term Milk Supply Goals?
* Borderline is 350 ml or less in a day.
* Adequate is 500ml in a day.
* Ideal is 750 to 1200 ml in a day.

What is a normal number of feedings?
A healthy baby eats 8 to 12 times in 24 hours. This includes nights and daytime feeds. If mom does not pump at least 8 times night and day even when the baby is not eating she will not make enough milk for when the baby is ready to eat.

How often should I pump?
Every 3 hours for 15 minutes.

How Can I Get More Sleep?
Pump every 2-3 hours during the day and every 4 hours at night for a total of 8 pumping in 24 hours.

How Do I Tell My Body To Make More Milk?
* Increase the number of pumping
* Increase the length of the pumping time.
* Pump for a minimum of 15 minutes or at least 2 to 3 minutes after the milk stops coming out.
* Speak with the lactation team.

Things That Can Decrease The Milk Supply Might Be:
* Not pumping enough.
* Stress, both good and bad stress can have an effect on milk supply.
* Some medications; Please check with the lactation team.

Remember! The benefits of human milk are present in the amount the baby receives so even small amounts of human milk are helpful to your baby even if you do not have enough for all human milk feeds.

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