

I AM NOT PUMPING ENOUGH BREASTMILK AT WORK, HOW CAN I PRODUCE MORE?

Anna Choi, IBCLC

WHAT IS “ENOUGH?”

- Babies generally need 1-1.5 ounces of breastmilk for each hour they are away from Mom {Example: Mom has a one hour commute to and from work and works a typical 8 hour day, so she is away from baby for 10 hours. Baby will need approximately 10-15 ounces of breastmilk.}

IS YOUR CAREGIVER REQUESTING MORE THAN THIS? LET’S EXPLORE POSSIBLE REASONS WHY. . .

- **Wasted Milk:** This can happen if a caregiver is routinely offering baby more ounces than baby will drink and then dumping the milk that is leftover in the bottle after the feeding. If this is happening, talk to your caregiver about the appropriate amount of breastmilk to offer at each feeding, as well as milk storage and use safety guidelines {such as saving an unfinished bottle for the next feeding, within a 3 hour timeframe, and then discarding if not consumed}.
- **Overuse of Breastmilk Bottles:** Is your caregiver watching for appropriate hunger cues before offering a bottle of breastmilk? Or does it seem as if every fuss is responded to with a bottle? Sometimes snuggles, a fresh diaper, a pacifier, or a walk in the fresh air and sunshine is what baby is seeking.
- **Chugging vs Paced Bottle-Feeding:** *How* your baby is fed a bottle is an important piece of the puzzle that should not be overlooked. We recommend a bottle-feeding technique called paced bottle-feeding, where the goal is to offer the baby bottles in a breastfeeding-friendly manner, allowing baby to take his time eating and not guzzle the entire bottle in 5 minutes. The following link is a great resource to learn more about the technique and watch a video demonstration.
<http://santabarbaralactation.com/blog/paced-bottle-feeding-breastfed-baby>
- **Bottles Close to Pick-Up Time:** If your plan is to always breastfeed your baby either at or shortly after you pick them up from the caregiver, agree upon a bottle cut-off time that you both feel comfortable with. Perhaps this is one hour prior to pick-up. This will avoid the unfortunate situation where you arrive, with breasts full of breastmilk, ready to feed your little one, and your baby has just finished a 3oz bottle of milk.

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MY CAREGIVER IS REQUESTING THE APPROPRIATE AMOUNT, BUT I'M FALLING SHORT OF THE 1-1.5OZ/HR AVERAGE. HERE ARE SOME THINGS TO CONSIDER. . .

- How often are you pumping while away from your baby? Most women find that they need to express breastmilk every 2-3 hours when away from baby in order to maintain their supply and gather enough breastmilk to be used for the following day's feedings. If you are not pumping enough to cover your baby's bottles that day, consider adding another pumping session during your workday. Can you arrive at work 15 minutes earlier and pump once before starting your shift? Or better yet, can you pump in the car on your way to work?
- How long are you pumping for during each break? Approximately 10-15 minutes, pumping from both breasts at the same time is ideal. If you are pumping less than this, consider adding an additional 5 minutes to your total pumping time each session.
- What does your pumping environment and routine look like? Are you in a stress-free environment? Try taking a few deep breaths before pumping to clear your mind of the to-do list building in your head and focus your energy on a calm pumping session. Are you doing hands-on pumping? Massaging your breasts prior to, and during, your pumping session will often yield greater results than letting the pump do all the work. Are all of your pump parts in good condition? Some pieces, such as the white Medela membranes, need to be replaced periodically. Be sure to look at your pump manufacturer's website for more information on your specific pump and how often to replace various parts.

OTHER TIPS TO HELP INCREASE YOUR MILK SUPPLY. . .

- First and foremost, make sure you are eating and drinking enough throughout the day. Staying hydrated is vital to milk production. Always have a refillable water bottle nearby and drink from it often. Keep some simple, but nutritious, snacks in your pump bag so you can grab a quick bite while pumping. Breastfeeding moms need to consume at least 2000 calories a day, so consider enjoying snacks that are high in protein and healthy fats, such as trail mix, Greek yogurt, and hard-boiled eggs.
- Hand express for a few minutes after each pumping session. You might be surprised at how much milk you are able to get out when the pump stops drawing milk out. This link has a great demonstration video for hand expression:
<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>
- Try to have a power pumping session once a day, in the evening, to tell your body there is an increased demand for breastmilk and cue your breasts to produce more breastmilk. For information on what exactly this is, check out this article:
<http://www.motherlove.com/blog/view/What-is-power-pumping>
- Pump once a day on the weekend, after a breastfeeding session, to add a few ounces for the upcoming week.
- Fill your plate with galactagogues [fancy word for substances that can help boost lactation]. These include: oatmeal, almonds, leafy green vegetables, garlic, and fennel. More ideas can be found at:
<http://www.mobimotherhood.org/foods-herbs--medicines.html>

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