

# WHAT ARE SOME TIPS FOR HOW TO PUMP EFFICIENTLY AT WORK AND MAXIMIZE MY PUMPING BREAKS?

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As a working mom, we know that your time is valuable. We also know how important it is for you to feel committed to your work environment, while still ensuring you are protecting your breastfeeding relationship with your nursing while you are away. Pumping efficiently and effectively will help you maximize your break-time and increase your pumping output.

## Before Pumping

1. Get to know your pump. Familiarize yourself with every part of your pump. You should be able to quickly set everything up to start pumping, and likewise, put everything away afterwards, so that you are spending as little time as possible with the logistics and more time actually pumping during your break.
2. Make a plan, have a routine, and know what step is coming next. For example, what do you plan to do with your pump pieces [flanges, bottles, etc] between pumping sessions? Will you be putting certain parts in the refrigerator? Wiping them off with quick clean wipes? Rinsing in the sink? Make sure you have everything ready to go in your bag before heading out to pump.
3. Dress appropriately. Wear clothes that are easy to pump in, or to change in and out of. This will cut down on the time you spend getting set up to pump.
4. Consider purchasing a second [or even third] set of flanges/connectors to use during your workday. This will cut down on time spent rinsing/wiping/re-using those parts.
5. Pay attention to your schedule. Block out time in your calendar to ensure you have enough time for your pumping breaks and don't be nervous to stick to your schedule. You'll be a more productive employee if you spend 20 minutes to pump on time, rather than pushing it back and back and back until your breasts become uncomfortably full, distracting you from your job.

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## While Pumping

1. Use hands-on pumping techniques! If you aren't massaging/stroking your breasts during pumping, you are missing out on valuable ounces of breastmilk. You would be surprised how much more you are able to pump when you apply massage and gentle pressure to your breasts during pumping. Check out this helpful DIY Breastfeeding video we created on YouTube:

<https://www.youtube.com/watch?v=Yr2d5eZXTaM>

2. Use a hands-free pumping bra [or make one yourself from an old bra]. This will free up your hands for massaging your breasts, taking a drink of water, eating a snack, and looking at cute pictures of your little one.

3. Try to hand express for a few minutes after pumping. Some women find that they are able to empty their breasts better using hand expression, than with the electric breast pump alone. Just be sure to practice this at home first to get the hang of it. Check out this helpful DIY Breastfeeding video we created on YouTube: <https://www.youtube.com/watch?v=i8BjLYpGd4M>

4. Watch a video, or look at pictures, of your little one to help relax your body and encourage your breasts to letdown for the pump. If needed, take a few deep breaths to help clear your mind of any work stress before you begin to pump.

5. Play around with which settings you use on your pump, and how long you pump for. You may find that pumping for 10 minutes on medium-high yields more milk than pumping for 12 minutes on high. On a similar note, try different pumping intervals as well. What works best for your body? Pumping every two hours? Two and half? Three? Everyone is different.

6. If you stop dripping milk or the flow has slowed way down half way through your session, turn the pump off for one minute, massage your breasts, and then turn it back on to try to get a second letdown.

7. Don't forget to use this time to "recharge your battery" – eat some healthy snacks, drink a glass or water, listen to your favorite podcast, etc. A happy, healthy mama is the most important first step to a happy, healthy baby.

