

Your very own pumping chart.

Your goal is to pump once, perhaps twice a day and in 2 weeks have enough milk stored for your first day back at work.

Record each pumping session and you can see the volume add up.  Be sure to mark the oz on each bag.

**Lipase Tip** - Taste your freshly pumped milk so you are familiar with the taste.

                  Next, taste your milk that has been refrigerated for 1 day.

                 Then test milk that has been frozen for 1 day and then defrosted.

**Lipase Tip** - If the milk tastes fine, you don't need to be concerned or keep checking. Although, if your baby ever seems to be rejecting your milk, I would do the lipase test again.  If your milk smells funny or has a soapy taste, you want to offer some to your baby to see if he/she objects.  If no objection, you are fine.  If baby objects, follow scalding info in my

handout on **FREEBIES** page.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |  |
| Pumped |  |  |  |  |  |  |  |  |
| Pumped |  |  |  |  |  |  |  |  |
| Week #1 | Total: | Total: | Total: | Total: | Total: | Total: | Total: | Week Total: |

\*\*\*\* Place volume of milk pumped in each box. After 2 pumpings on Monday, put the total pumped in the box marked total. At the end of each day, total your pumping volume. Total your pumping volume at the end of the week.

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|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |  |
| Pumped |  |  |  |  |  |  |  |  |
| Pumped |  |  |  |  |  |  |  |  |
| Week #2 | Total: | Total: | Total: | Total | Total: | Total: | Total: | Week Total: |

You have now collected and stored enough milk for your first day back at work ( and you may have enough volume collected for extra).

Once you are back at work, you will be pumping each day. This is also an approximate, however, you will probably need to pump at least as many times as the amount of bottles your baby is taking during the day. If your baby is taking 4 bottles while you are g one, you should be pumping 4 times a day.

I would at least start out this way. Give yourself a few weeks back at work and then as you see any patterns emerge, you can adjust how many times you pump. Spreading out the pumping times about every 3 hours is a good way to start. Again, you can make adjustments as you go along.

You will likely be adjusting how often you pump, how much you store at one time, what you use to store the milk in. Feel free to send me an email at: aabreastfeeding@hotmail.com to let me know how this is working for you. Feel free to share any tips you would like for me to pass on to other mothers.

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