

Breast milk guide: pumping, storing and feeding

If you need help breastfeeding or pumping, Akron Children's Breastfeeding Medicine department is available to help you succeed!

How to pump breast milk

What you need

- A personal breast pump.
- A double collection kit for more efficient pumping.
- Clean storage containers (do not touch the inside of the containers or lids).
- Soap and water.

Before you start

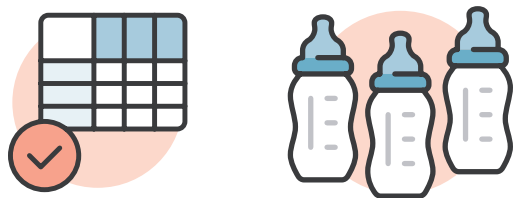
- Wash your hands well with soap and water.
- Get your clean breast pump ready.
- Take a moment to relax:
 - Take some deep breaths.
 - Gently massage your breasts to help the milk flow.
 - Looking at a picture of your baby can help your milk come down.

Begin pumping

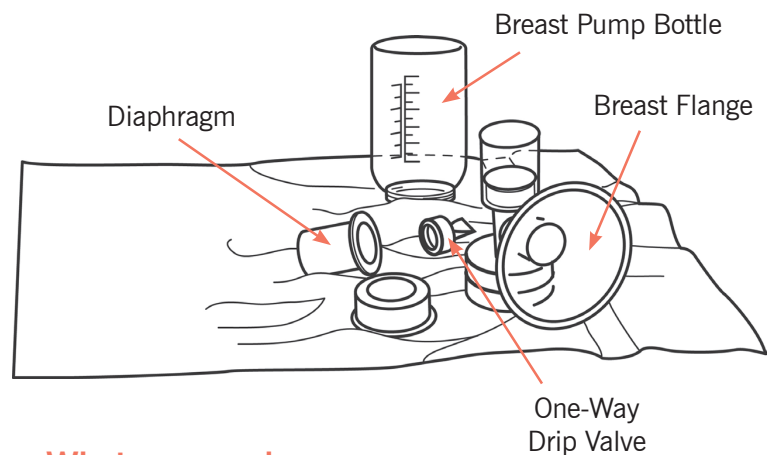
- Plan your pumping schedule around your baby's feeding times or every 2-3 hours while apart.
- Pump both breasts at the same time.
- Pump for 15-20 minutes.

Pumping goals for working moms

- Every 2-3 hours while apart.
- 15-20 minutes per session.
- Volume: Aim for 1-1.5 ounces (30-45 ml) per hour you're away from baby.



How to clean your breast pump kit



What you need

- Dish soap.
- Washing basin.
- Clean paper towels.

Follow these 4 steps to clean your pump after every use

1. Fill the washing basin with warm water and dish soap.
2. Carefully take the pump apart.
3. Wash these 4 parts well:
 - a. Breast flange (the part that touches your breast).
 - b. Breast pump bottle.
 - c. Diaphragm.
 - d. Drip valve.
4. Let them air dry or dry with clean paper towels.

Tips

- You don't need to wash the tubing or caps.
- Clean your breast pump kit with soap and water after every use.
- Quick-clean wipes can be used when soap and water aren't available.



How to store breast milk

- Use clean storage containers or breast milk storage bags.
- Put a label on each container with date and time expressed.

Milk Type	Countertop (77 F/25 C or colder)	Refrigerator (40 F/4C)	Freezer (0 F/-18 C or colder)
Freshly expressed or pumped	Up to 4 hours	Up to 4 days	Within 6 months is best; up to 12 months is acceptable
Thawed, previously frozen	1-2 hours	Up to 1 day (24 hours)	Never refreeze human milk after it has been thawed*
Leftover from a feeding (baby did not finish the bottle)	Use within 2 hours after baby is finished feeding.		

*Thawed is from time when milk is completely thawed, not from the time the milk is removed from the freezer.

How to thaw and warm breast milk for feeding

Thawing frozen milk (choose one way)

- Put the container in the refrigerator for 8-12 hours.
- Or, place the container in cool water for 15-20 minutes. Keep water below the lid.

Warming milk for feeding

- Put the thawed milk container in a bowl of warm water. Keep water below the lid.
- Wait about 10 minutes for the milk to warm up.
- Gently swirl the container to mix the milk — the fat often separates.
- Test the temperature by putting a few drops on your wrist — it should feel warm, not hot.

Milk safety rules

- Never refreeze milk after it has thawed.
- Never use milk that feels hot.
- Never use a microwave to warm the milk:
 - It can create hot spots that can burn your baby's mouth.
 - It also destroys important nutrients.
- Use warmed milk within 2 hours.

Tips for working mothers

- Pack a cooler with ice packs to store milk during your commute.
- Find a private, comfortable space at work for pumping.
- Communicate your pumping schedule to your employer and colleagues before you return to work.

Store a backup supply of milk in your freezer before returning to work.

- Establish a good milk supply for a few weeks before returning to work by pumping after morning feedings.
- You need just enough for your first day back and then a little bit extra in case of emergency or spills!
- On the second day of work, you'll use milk that you pumped on your first day back, and so on.

Lactation consultants are available to help you:

- Learn how to breastfeed or breast pump, with one-on-one instructions.
- Establish and maintain milk supply.
- Choose and purchase a breast pump.
- Address any lactation difficulties.
- Adjust feeding positions to help your baby latch onto the breast.
- Balance breastfeeding with work schedules.
- Successfully continue breastfeeding after returning to work.

To learn more about breastfeeding medicine
or to schedule an appointment:

akronchildrens.org/breastfeeding

