

Lactation: How to Support a Pumping Mom

Pumping breastmilk is an extremely important job for a mom; it takes lots of time and emotional energy and can be frustrating at times. Having the support of a partner, family member or friend can help mom focus on doing her best to make as much milk as possible. Here are some ideas to support a pumping mom.

To Learn More

- Lactation Services
206-987-1420
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

1. Remind mom when it's time to pump. Help her wake up to pump and get up with her so you can set up the pump for her. Bring mom a snack and some water to drink while she is pumping.
2. Turn the pump on and press the "drops" button to start the Symphony Plus program (if baby is a newborn). This pattern helps to get the colostrum out.
3. Adjust the vacuum (large dial on the pump) to mom's comfort level. Mom should pump at the maximum pressure that is comfortable but that *does not hurt*.
4. When mom is finished pumping, collect the tiny drops of colostrum. Save every drop! Using a syringe helps.
5. Label syringe or bottle with the breastmilk label and add date and time that mom finished pumping.
6. Remind mom to switch to the Maintain program on the pump once she is making 20 milliliters of breastmilk per breast or when baby is 6 days old.
7. Wash the pump parts after every pumping session. The parts of the pump that touch the breast should be taken apart and washed with hot soapy water. Use dish soap provided in the pump kit and wash the parts in the gray basin provided. Rinse well and then put on a clean paper towel in a gray bin to air dry.
8. Sterilize the pump parts by steam cleaning them once a day, using the provided microwave bag. Use 2 ounces of water in the bag and microwave it for 3 minutes.
9. Help mom remember to pump every 2 to 3 hours! Keep the pump log up to date. The most important columns are date, time, and amount. Add up the amounts at the end of each 24 period.
10. Help mom remember to breathe and relax while pumping. Help her figure out what helps her do that, such as watching a funny show, listening to music, or getting a back massage.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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