

Breast Pump Record

Making milk for my baby



You have made an important decision to provide your breast milk for your baby. Although special baby formulas have been made for preterm and sick infants, only mother's milk works like a medicine to help protect infants from many of the complications during and after their hospital stay. Mothers who are pumping their milk for their babies in the hospital have found that keeping a record of their pumping schedule is helpful. This booklet gives you a place to write down when you pump and how much you get each time. You can see each day how your efforts increase your milk supply.

Some common tips to ensure you build a good milk supply include:

- Pump 8 to 10 times a day, including at night, during the first 2 weeks; at least 6 times a day thereafter
- Hand express a few drops of milk before each pumping session
- Massage your breast before and during pumping
- Hold your baby skin-to-skin whenever possible
- Use relaxation techniques while pumping
- Rest and sleep whenever you can

Only you can provide the wonderful gift of breast milk for your baby. Everyone taking care of your baby appreciates your hard work and dedication.

If you have questions or concerns, please call **832-824-6120**, 7 days a week from 8 a.m. to 5 p.m.

To make the process easier, each page of this booklet represents one day of pumping.

Days 1 to 14 (building period) are the most important to ensure you build a good milk supply. During this time you are “programming” your breasts to produce enough milk. Mothers who delay frequent pumping during this early time will find it much harder to increase their milk volume later.

What to do:

- Pump every 2 to 3 hours during the day and at night (8-10 times in 24 hours)
- Hand express your colostrum/milk if you are not able to pump

What not to do:

- Delay pumping or hand expression in the first few hours after delivery
- Go long stretches (over 4 hours) without pumping

Day 14 and beyond (maintaining period), your milk production should be set, now you need to maintain it. By pumping frequently during the first few weeks, you should be able to pump a consistent milk volume each day. An average milk volume to expect is about 1 ounce every hour, which equals 24 ounces a day.

You may be able to stretch the time between pumpings out a little, especially at night. If you try this, look at your total daily milk volume to see if it stays the same. If it does, you can continue this new schedule.

What to do:

- Continue to pump often, at least 6 to 8 times a day

What not to do:

- Change your pumping schedule suddenly

Day 1 – First 24 Hours

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Hand express colostrum and save every drop for your baby.
- Begin pumping within the first few hours after delivery, no later than 6 hours.
- Continue to pump or hand express every 2-3 hours, even through the night.

Did you know?

To help your body make plenty of milk for your baby begin pumping early and often. Don't get discouraged if you don't see much except drops in the first day or two, this is normal.

Day 2 – 24 to 48 Hours

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Hand express colostrum and save every drop for your baby.
- Continue to pump often, every 2 to 3 hours, even during the night.
- Ask your nurse or lactation staff for help with hand expression and pumping.
- Ask the lactation team about where you can get a hospital grade pump for home use.

Did you know?

The nurse can use your colostrum to give your baby mouth care.

Day 3 – 48 to 72 Hours

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Hand express colostrum and save every drop for your baby.
- Continue to pump often, every 2 to 3 hours, even during the night.
- Make sure you have a plan for pumping after you leave the hospital.

Did you know?

Your milk protects your baby from infection.

Day 4 – 72 to 96 Hours

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- You should start to see a change in the amount of milk you express and the way it looks.
- Continue to pump often, every 2 to 3 hours, even during the night.
- Ask staff for help if your breasts are feeling swollen or if you are having difficulty expressing your milk.

Did you know?

By pumping often now, you make sure your breasts will make enough milk in the weeks to come.

Day 5

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- You should start to see a change in the amount of milk you express and the way it looks.
- Ask nurse or lactation staff if you are having any discomfort with pumping.
- Continue to pump often, every 2 to 3 hours, even during the night.
- Your breasts may feel fuller and heavier.

Day 6

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, every 2 to 3 hours, even during the night.
- Ask nurse or lactation staff for help with hand expression and pumping.

Did you know?

It is normal to get different milk volumes at different times of the day and night.

Day 7

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, every 2 to 3 hours, even during the night.
- Ask nurse or lactation staff for help with hand expression and pumping.
- Your breasts should feel less swollen, and your milk volume should be increasing.

Did you know?

The Milk Bank pumping rooms are open 24 hours a day for you to use.

Day 8

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, every 2 to 3 hours, even during the night.
- Ask nurse or lactation staff for help with hand expression and pumping.
- Ask your lactation consultant if you have the right size breast shield for pumping.

Day 9

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, every 2 to 3 hours, even during the night.
- Ask nurse or lactation staff for help with hand expression and pumping.

Did you know?

Your milk has over 250 ingredients; baby formula has about 50.

Day 10

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, every 2 to 3 hours, even during the night.
- Ask nurse or lactation staff for help with hand expression and pumping.

Did you know?

It is normal to get more milk from one breast than the other.

Day 11

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, every 2 to 3 hours, even during the night.
- Ask nurse or lactation staff for help with hand expression and pumping.
- If you are taking medicine or ill, don't stop pumping, talk to your lactation consultant.

Did you know?

Some moms think if they stretch out the time between pumping they will get more milk. However this could lower your milk supply in just a few short days. Frequent pumping means more milk for your baby!

Day 12

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, every 2 to 3 hours, even during the night.
- Ask nurse or lactation staff for help with hand expression and pumping.

Did you know?

Breast milk can change colors depending on what you eat.

Day 13

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, every 2 to 3 hours, even during the night.
- Ask nurse or lactation staff for help with hand expression and pumping.

Day 14

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, every 2 to 3 hours, even during the night.
- Ask nurse or lactation staff for help with hand expression and pumping.

Check point:

Now is a good time to check in with your lactation consultant to review your pumping records.

Day 15

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, every 2 to 3 hours, even during the night.
- Ask nurse or lactation staff for help with hand expression and pumping.

Day 16

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, enough to maintain your milk supply.
- Ask your lactation consultant if you can go a longer stretch at night to pump.

Day 17

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Having 2 or more sets of pumping kits can make things easier.
- Some mothers find it helpful to listen to music or read while pumping.

Day 18

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, at least 6 times a day or enough to maintain your milk supply.
- Ask nurse or lactation staff for help with hand expression and pumping.

Did you know?

Having a stressful day can sometimes cause a dip in your volume; keep pumping! It will come back up.

Day 19

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, at least 6 times a day or enough to maintain your milk supply.
- Ask nurse or lactation staff for help with hand expression and pumping.

Day 20

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, at least 6 times a day or enough to maintain your milk supply.
- Ask nurse or lactation staff for help with hand expression and pumping.

Did you know?

Hands-free bras are available to make your pumping process easier.

Day 21

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, at least 6 times a day or enough to maintain your milk supply.
- Ask nurse or lactation staff for help with hand expression and pumping.

Day 22

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, at least 6 times a day or enough to maintain your milk supply.
- Ask nurse or lactation staff for help with hand expression and pumping.

Did you know?

Studies have found that holding your baby skin to skin helps your milk supply.

Day 23

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, at least 6 times a day or enough to maintain your milk supply.
- Drink a glass of water, juice or milk each time you pump.

Day 24

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, at least 6 times a day or enough to maintain your milk supply.
- Ask nurse or lactation staff for help with hand expression and pumping.

Did you know?

The milk at the beginning of your pumping session is lower in fat than the milk at the end.

Day 25

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, at least 6 times a day or enough to maintain your milk supply.
- Ask a family member to help with managing your pumping supplies and storing/transporting your milk.

Day 26

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, at least 6 times a day or enough to maintain your milk supply.
- Ask nurse or lactation staff for help with hand expression and pumping.

Day 27

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, at least 6 times a day or enough to maintain your milk supply.
- Ask nurse or lactation staff for help with hand expression and pumping.

Day 28

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, at least 6 times a day or enough to maintain your milk supply.
- Remember to sterilize your breast shields (not the tubing) once a day.

Day 29

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, at least 6 times a day or enough to maintain your milk supply.
- Ask the lactation consultant or Milk Bank staff if you have questions about storing your milk at the hospital and at home.

Day 30

Today's date _____

Circle the closest hour to the beginning of each pumping session.

Record how much milk you pump from both breasts in the space below the time.

AM	12	1	2	3	4	5	6	7	8	9	10	11
PM	12	1	2	3	4	5	6	7	8	9	10	11

Goal/Tips:

- Continue to pump often, at least 6 times a day or enough to maintain your milk supply.
- Make sure your breast shield is still a good fit. Ask the lactation staff for help.

Check point:

Now is a good time to check in with your lactation consultant to review your pumping records.



Pavilion
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