

Anjelica Malone
for
#AGlobalTribeOfWomen

5 tips to help you pump like a pro

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1.

Use heat

Use heat before you begin to pump. Place 2 small cotton washcloths into your pump bag. Right before it's time to pump run your cloths under water, squeeze out the excess water, and pop them into the microwave for 3-5 seconds. Remove them from the microwave, allow them to cool slightly and place one over each of your breasts.

2.

Firm massage

Before and during each pumping session massage your breasts. Begin at 12 o'clock position (top of your breast), massaging from your chest wall and down toward your nipple. Do this slowly and with firm pressure. Next, massage at the 1 o'clock position of your breast, all they way around until you're at 12 o'clock again.

3.

Double Electric

If you're a full-time working mama and pumping to feed your baby exclusively your breastmilk, then a double electric breast pump is a must. Using a single electric or a manual pump will not cut it. A double-electric pump is to meant to help mothers maintain a substantial milk supply. If you notice trouble filling bottles with your pump, be sure to speak with a lactation counselor or consultant ASAP. For longer trips away consider renting a hospital grade pump.

4.

Mimic +

You should pump at the same time that your baby would typically feed at the breast..But you should take it one step further and always pump both breasts, even if your baby doesn't typically feed on both sides during a single feeding. The goal is to remove as much milk at every pumping session. Breast pumps do not remove as much milk from your breasts as your baby does during a feeding.

5.

Nursing Vacation

Exclusively feed at the breast when you're with your baby. Your baby does a much better job of removing milk than your pump and can help restore a healthy supply if given unlimited time at the breast. Feeding bare skin-to-skin is best.