Mother's Own Milk

Breast Milk Pumping Journal

CHRISTIANA CARE
HEALTH SYSTEM

Congratulations On the Birth of Your Baby.

The best source of food for your baby according the American Academy of Pediatrics is breast milk. This journal will help you to track the amount of milk that only you can provide for your infant. You may also find useful tips in this booklet as this new chapter in your life begins.

My baby's name is _____

My baby's birth date is _____

My baby was born at _____ weeks.

Benefits of Breast Milk

Maternal Benefits	Infant Benefits	Hospitalized Infant/ Preterm Infant Benefits
Less blood loss after delivery.	Decreased rate of infections.	Reduction in incidence of bowel inflammation or injury called Necrotizing Enterocolitis (NEC).
Decreased chance of osteoporosis (bones that then can thin or fracture with age).	Decreased rate of Sudden Infant Death Syndrome (SIDS).	Enhances brain development and less eye damage.
Decreased chance of breast and ovarian cancer.	Decrease chance of obesity.	Immunization benefit leading to fewer hospital acquired infections.

How Do I Build a Milk Supply?

- Pump your breast milk as soon as you can, at least within the first **six hours after birth**.
- Pump both breasts 8-12 times a day, for 15-20 minutes, avoiding going longer than 5 hours between pumping.
- Using hospital grade pumps are preferred if you are separated from your baby. Renting options are available.
- Massage breasts during pumping.
- Start hand expression soon after birth. This may work better than a pump in the early days after birth.
- Combine deep hand expression of your breasts to empty out any remaining milk after using your pump. This can increase the amount of milk you make.
- We can help teach and support you about breastfeeding.

Day of Delivery (Today's Date _____)

Target amount - Delivery Day - 0 Drops to some drops

Pumping Time Started	How Many Minutes?	Amount of Pumped Breast Milk	Amount of Hand Expressed Milk	Total Milk Expressed	Amount of time Skin-to-Skin

Your first milk is called colostrum, which can help protect your baby from illness. The amount of pumped breast milk may be drops in the first couple of days. Save every drop to feed for your baby.

Day 1 (Today's Date _____)

Target amount - Drops

Pumping Time Started	How Many Minutes?	Amount of Pumped Breast Milk	Amount of Hand Expressed Milk	Total Milk Expressed	Amount of time Skin-to-Skin

Remember, your body needs to make milk, even at night. Drink a full glass of water before going to bed, then you will wake up on your own. This will remind you to pump your breast milk. It will also remind your body to keep making milk.

Day 2 (Today's Date _____)

Target amount - Drops

Pumping Time Started	How Many Minutes?	Amount of Pumped Breast Milk	Amount of Hand Expressed Milk	Total Milk Expressed	Amount of time Skin-to-Skin

Wear a hands free bra to help you to be comfortable as you continue to pump breast milk.

Day 3 (Today's Date _____)

Target amount - 25-75 ml (almost 1-2.5 oz) per day

Pumping Time Started	How Many Minutes?	Amount of Pumped Breast Milk	Amount of Hand Expressed Milk	Total Milk Expressed	Amount of time Skin-to-Skin

Your breasts may feel full now which means that more milk volume is "coming in." Continue to express your milk. Full breasts slow down the milk making process. Keep emptying your breast by pumping 8 or more times a day for 15-20 minutes.

Day 4 (Today's Date _____)

Target amount - 75-150- ml (2.5-5 oz) per day

Pumping Time Started	How Many Minutes?	Amount of Pumped Breast Milk	Amount of Hand Expressed Milk	Total Milk Expressed	Amount of time Skin-to-Skin

Massage your breasts 5 or more times a day during and after pumping your breast milk to make more milk volume. You will be surprised to see more milk.

Day 5 (Today's Date _____)

Target amount - 150-225 ml (5-7.5 oz) daily

Pumping Time Started	How Many Minutes?	Amount of Pumped Breast Milk	Amount of Hand Expressed Milk	Total Milk Expressed	Amount of time Skin-to-Skin

Did you notice that you are making more milk each day? Some mothers may notice less than the expected amount. Don't worry. Please talk with your health care provider, nurse, or lactation consultant to help you to set a plan to meet your goals.

Day 6 (Today's Date _____)

Target amount - 225-300 ml (7.5-10 oz) daily

Pumping Time Started	How Many Minutes?	Amount of Pumped Breast Milk	Amount of Hand Expressed Milk	Total Milk Expressed	Amount of time Skin-to-Skin

Did you know that your breast milk protects your baby?
You are helping your baby stay healthy.

Day 7 (Today's Date _____)

Target amount - 300-375 ml (10-12.5 oz) per day

Pumping Time Started	How Many Minutes?	Amount of Pumped Breast Milk	Amount of Hand Expressed Milk	Total Milk Expressed	Amount of time Skin-to-Skin

Did you know that your milk is perfect for your baby? This is true, even if your baby was born early. Your breast milk helps your baby grow, so keep making milk.

Day 8 (Today's Date _____)

Target amount - 375-450 ml (12.5-15 oz) daily

Pumping Time Started	How Many Minutes?	Amount of Pumped Breast Milk	Amount of Hand Expressed Milk	Total Milk Expressed	Amount of time Skin-to-Skin

Make a schedule for pumping your breast milk that meets your needs. If you miss a time, just pump more times later. Try not to go longer than 5 hours between pumping sessions.

Day 9 (Today's Date _____)

Target amount - 450-525 ml (15-17.5 oz) daily

Pumping Time Started	How Many Minutes?	Amount of Pumped Breast Milk	Amount of Hand Expressed Milk	Total Milk Expressed	Amount of time Skin-to-Skin

Hold your baby skin-to-skin, and then pump your breast milk.
Did you notice you made more milk?

Day 10 (Today's Date _____)

Target amount - 525-600 ml (17.5-20 oz) daily

Pumping Time Started	How Many Minutes?	Amount of Pumped Breast Milk	Amount of Hand Expressed Milk	Total Milk Expressed	Amount of time Skin-to-Skin

Listen to music, be near your baby, or look at pictures of your newborn, while pumping your breast milk. You might be surprised that you collect more milk.

Day 11 (Today's Date _____)

Target amount - 600-650 ml (20-22oz) daily

Pumping Time Started	How Many Minutes?	Amount of Pumped Breast Milk	Amount of Hand Expressed Milk	Total Milk Expressed	Amount of time Skin-to-Skin

Babies that are born 37 weeks or less may have trouble latching and having a full feeding at the breast. Pump your breast milk after feeding at the breast. This may help to build and maintain a milk supply for future feedings. This may take time, but don't give up. You are the only one who can make your baby this ideal food - your milk. If your baby feeds at the breast only a few minutes then pump your milk. You can feed this breast milk to your baby.

Day 12 (Today's Date _____)

Target amount - 650-700 ml (22-23.5 oz) daily

Pumping Time Started	How Many Minutes?	Amount of Pumped Breast Milk	Amount of Hand Expressed Milk	Total Milk Expressed	Amount of time Skin-to-Skin

Pumping breast milk takes time. It is important that you reach out to family and friends who can assist with the food shopping, preparing meals, light housekeeping, or simply just talking. Who can you reach out to for help?

Day 13 (Today's Date _____)

Target amount - 700-750 ml (23.5-25 oz) daily

Pumping Time Started	How Many Minutes?	Amount of Pumped Breast Milk	Amount of Hand Expressed Milk	Total Milk Expressed	Amount of time Skin-to-Skin

Did you know that you are saving money by pumping your breast milk that you can feed to your baby?

Day 14 (Today's Date _____)

Target amount - 750 ml (25 + oz) daily

Pumping Time Started	How Many Minutes?	Amount of Pumped Breast Milk	Amount of Hand Expressed Milk	Total Milk Expressed	Amount of time Skin-to-Skin

You have reached two full weeks of pumping your breast milk for your baby.
Don't worry if you did not reach your goals. First, be kind to yourself.
Any milk you can give your baby will benefit both you and your baby.

Breast Pump Flange Fit

Good Fit –
Nipple is moving freely in tunnel of flange.

Too Small –
Nipple is rubbing against tunnel of flange.

Too Large –
Areola is being pulled into tunnel of flange.

- Nipples should be centered and move easily through the nipple tunnel.
- Areola or dark area around your nipple should not be pulled into the tunnel. If this happens, a smaller flange size may be needed.
- A good flange fit will result in NO rubbing.
- Moms who become engorged (swelling of the breasts in the early days of breastfeeding due to the coming in of more milk) or who pump for a long period of time may need a larger flange.

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How to Clean a Breast Pump and Breast Pump Kit

What do I do before I pump?

Get the supplies you need:

- Gloves.
- Cleaning wipes.
- A table or place to lay your kit or basin while in the hospital.
- A sink to wash your hands.

What steps do I need to do to get the pump set up?

1. Put on a pair of gloves.
2. Clean the pump with a cleaning wipe once home.
3. Let the pump dry for 2 minutes.
4. Clean the space where you will lay your kit with a cleaning wipe.
5. Place clean paper towels on top of that spot.
6. Wash your hands for 15-20 seconds or use hand gel or hand cleaning wipes.
7. Put the pieces together and place the tubing onto the pump.
8. Begin to pump your milk.

How to Clean a Breast Pump and Breast Pump Kit

What do I do when I am done pumping breast milk?

1. Take the kit pieces apart (don't forget the piece in the center).
2. Place pieces in the basin while in the hospital.
3. Rinse all kit pieces in **cold** water (don't wash the tubing that you put onto the pump).
4. Next wash all the kit pieces with **hot** water and dishwashing soap (use the pink basin while in the hospital, not the shared sink in the bath or NICU).
5. Put the kit pieces onto the clean paper towel to air dry or you can dry them off with clean paper towels. Don't put them away wet.
6. Put on a new pair of gloves.
7. Wipe the pump with a cleaning wipe once home. In NICU, place in hallway.

How to Clean a Breast Pump and Breast Pump Kit

Do I have to sterilize the kit pieces at all?

One time each day you will need to sterilize the pieces of your kit that *touch your breast or your breast milk*.

After you pump and clean the kit pieces with soap and water you will sterilize the kit pieces by doing 1 of the below:

- Use the Medela "sterilization bag" for microwave use **or**
- Boil the kit pieces in water for 20 minutes **or**
- Place the kit pieces on the top rack of your dishwasher and use the sanitizing cycle.

Labeling Your Breast Milk for Storage

When storing your breast milk is needed, here are a few guidelines to help you.

Labeling your milk

Ask your baby's nurse or your nurse for:

- milk storage containers.
- pre-printed barcode labels.

Note the following on your baby's breast milk label as you place a pre-printed barcode label on each container:

- date of pumping.
- time of pumping.
- medications you are taking.

Breast Milk for Mothers and Babies Who are Apart After Birth

Storing and transporting your milk

- Refrigerate fresh milk *within* one hour of pumping milk for all newborns staying in the Neonatal Intensive Care Unit.
  - Milk for all newborns should be refrigerated as soon as possible within four hours.
- See the Table on Breast Milk Storage Information.
- Bring any milk you express, even if drops. Even small amounts of milk are very important for your baby.
- Avoid layering breast milk, one container per pumping session.
- When you are home from the hospital:
  - if visiting *within 24 hours*, bring fresh breast milk to the hospital in an insulated container with ice packs.
  - if visiting *24 hours after* pumping your milk, and your baby is in the Neonatal Intensive Care Unit, bring milk frozen and transported in an insulated container with ice packs to remain in a frozen state.

Breast Milk Storage Information

STORAGE TIME FOR HUMAN MILK*	DEEP FREEZE (0°F/-18°C)	REFRIGERATOR FREEZER (VARIABLE 0°F/-18°C)	REFRIGERATOR (39°F/4°C)	COOLER W/ ICE PACKS FROZEN (59°F/15°C)	ROOM TEMPERATURE (66°F-72°F) (19°C-22°C)	ROOM TEMPERATURE (72°F-79°F) (22°C-26°C)
Fresh	Up to 12 Months	3-4 Months	8 Days	24 Hours	6-10 Hours	4 Hours
Frozen, Thawed in Fridge	Do Not Refreeze	Do Not Refreeze	24 Hours	Do Not Store	4 Hours	4 Hours
Thawed, Warmed, Not Fed	Do Not Refreeze	Do Not Refreeze	4 Hours	Do Not Store	Until Feeding Ends	Until Feeding Ends
Warmed, Fed	Discard	Discard	Discard	Discard	Until Feeding Ends	Until Feeding Ends

*** Storage times may vary for premature or sick babies. Milk for all newborns should be refrigerated as soon as possible within four hours.**

Sources: Jones, F. and M.R. Tully, *Best Practice for Expressing, Storing and Handling Human Milk in Hospitals, Homes and Child Care Settings*. Raleigh, NC: Human Milk Banking Association of North America, 2006; Mohrbacher, N. and J. Stock, *The Breastfeeding Answer Book*. Schaumburg, IL: La Leche League International, 2003.

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Christiana Hospital, Women's Health Building

The Breastfeeding Resource Center, Room 1922A
302-733-3360

Christiana Care Mothers Milk Bank, Room 2448A
302-733-2340

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