

Pumping record for breastfed babies



Write in the amount of milk you pump each time.

WEEK #	DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY	DAY
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DATE														
Midnight														
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TOTAL														

- Pump every 3 hours. Pump 8 times in 24 hours using your hands to massage and express milk.
- For the first 2 to 3 days, pump for 10 to 15 minutes or longer if still dripping.
- Once milk comes in, pump until empty which is 2 minutes past the last drips.
- Some sessions may be longer, but don't pump more than 20 to 30 minutes.
- Your goal is to pump at least 20 to 25 ounces or more a day (600 to 750mls). This is about 2 ½ to 3 or at each pumping, 8 times a day.

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