



BREASTFEEDING
USA

So You Need Some Pumping Hacks



Check Your Flange Size

Most of the time your breast pump will come with two flange sizes, but often you may need a bigger or small size. Most WIC offices, birth centers, and doctor's offices can measure you to determine your correct size. You can also print off sizing charts at home to determine what size you should be pumping with.



Store Your Parts In The Fridge

If you're pumping multiple times a day, store your used pump parts in a plastic bag in the fridge. Then just wash and dry in the evening!



Keep Baby As Your Background

Did you know that seeing your baby's face can help you achieve a letdown faster? Try setting your favorite photo of your little one as your background on your phone, and peek at it while you pump.



Replace Your Parts

If your pumping output is not what it used to be, it might be time to replace your pump parts! While this may vary depending on brand, duck valves should be replaced once a month, valve membranes should be replaced every two to three weeks, backflow protectors every three to six months, shields and connectors every six months, and tubing if it becomes damaged.



Check Out Passive Pumping

A passive or silicone pump is one that does not actively remove milk like a manual or motorized pump. It applies suction to facilitate collection. It can help collect "extra" milk, evert nipples, or relieve engorgement. It may also create oversupply. Talk to a Lactation Support Person about how to properly use one of these devices.