

Pumping Tips

Here are some quick tips to consider when pumping or expressing your breastmilk:

- Make sure your flange sizes are appropriately sized for your nipple. The opening of the flange for your nipple should be big enough to allow for free movement, you should not experience any rubbing or pain.
- Make sure you are not pressing the flange too hard onto your breast; just lightly press it around your breast to provide suction.
- Find a comfortable and preferably familiar place to pump.
- Minimize distractions.
- Wash your hands prior to pumping.
- Try to pump at various times of day to get both lower and higher calorie milk (amount may vary by time of day).
- Follow a pre-expression ritual that might include: putting a blanket around your shoulders to keep warm, using gentle breast massage (this can yield more milk), or spending a minute or two relaxing.
- Use your senses to trigger greater milk ejection:
 - Sight: Look at your baby or a picture of your baby.
 - Smell: Smell your baby's clothing or blanket.
 - Touch: Apply a warm compress or massage breast.
 - Taste: Drink your favorite drink or have a snack.
 - Hearing: Record your baby cooing or crying.
 - Mind/Feelings: Close your eyes, relax and think about your baby and how much you love him.



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Arizona Department of Health Services 2015