

## **Pumping diary (NICU)**

Use this chart to record information about your pumping sessions. Bring this chart with you if you have an appointment with your lactation consultant. Remember to focus on the number of pumpings per day (8-12 in the first two weeks), not the time between pumpings. Pump 8-12 times per day – including at least once during the night. Don't go more than 5 hours without pumping.

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- Call our lactation office and leave a message: 617-667-5765, or
- Call your baby's health care provider or your obstetric provider, or
- Contact one of the following lactation support resources:
  - ✓ Nursing Mother's Council: 617-244-5102
  - ✓ La Leche League: 1-800-525-3243 www.lalecheleague.org
  - ✓ Mass Breastfeeding Coalition www.massbfc.org
  - ✓ Zipmilk www.zipmilk.org
  - ✓ The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) 1-800-942-1007, www.mass.gov/wic (You must meet income guidelines to use WIC services.)

For more information on breastfeeding, go to www.womenshealth.gov/breastfeeding

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### Tips:

- Your baby will benefit from any amount of breast milk.
- Begin pumping 6 hours after your baby's birth.
- Pump 8-12 times in 24 hours.
- Taking care of yourself, holding your baby skin-to-skin, and regular pumping all help build a good milk supply.
- If you have any concerns about your milk supply or your pumping routine, please speak to a lactation consultant.

# Holding your baby "skin-to-skin" has many benefits, including:

- baby sleeps better
- helps regulate baby's temperature, breathing, and heart rate
- helps mother and baby bond
- mother's milk comes in sooner
- may increase mother's milk supply
- baby may breastfeed better
- baby gains weight faster and has less jaundice

Hold your baby skin-to-skin for at least an hour every day.

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| Day 5 | Time | Amount - right | Amount - left | Total | Notes |
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## Milk supply at day 7

As a general guide, mothers are pumping 350 mls (350ccs) per day at the end of day 7.

- However, this is not the same for everyone.
- Please do not get discouraged if you are not pumping this much milk.
- Please speak to a lactation consultant if you have any questions or concerns about your milk supply.

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### Milk supply at day 14

By day 14, you should be pumping between 750 and 1,000 mls per day. Some days there will be more milk, some days less.

- If you are pumping less than 350 mls a day by day 14, please talk with a lactation consultant.
- And remember any amount you pump will help your baby.

| <b>Day 15</b> | Time | Amount - right | Amount - left | Total | Notes |
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