

**Breast Pumping Log.** This form is for mothers who are starting their milk supply with a breast pump. Please refer to the Maximizing Milk Production and Hand Expression short videos at <http://med.stanford.edu/newborns/professional-education/breastfeeding.html> for tips on hand expression.

**Here are some helpful tips to get your pumping started:**

- Begin pumping **and** hand expressing as soon as possible.
- To get more milk:
  - Start by massaging your breasts.
  - Then pump both breasts until the flow of milk stops
  - When you are done pumping, rest a minute, then hand express.
- Ask to do skin-to-skin with your baby, and pump right after. If skin-to-skin is not possible, pump by the crib side. Being near your baby will increase your milk supply.
- Pump at least 8 times a day, or every 3 hours, including at night.
- It is normal to get only drops the first few days. Keep pumping and be patient - your supply will increase.
- Don't wait for your breasts to feel really full to pump.

Day 1	1 <sup>st</sup> session	2 <sup>nd</sup> session	3 <sup>rd</sup> session	4 <sup>th</sup> session	5 <sup>th</sup> session	6 <sup>th</sup> session	7 <sup>th</sup> session	8 <sup>th</sup> session	9 <sup>th</sup> session	10 <sup>th</sup> session	24 Hour Total	24 Hour Goal
Time	6am	8am	11am	2pm	4pm	7pm	9pm	11pm	2am	5am		At least 8 times
Amount Pumped	drops	drops	drops	drops	drops	drops	drops	drops	drops	drops	drops	drops
Day 1	1 <sup>st</sup> session	2 <sup>nd</sup> session	3 <sup>rd</sup> session	4 <sup>th</sup> session	5 <sup>th</sup> session	6 <sup>th</sup> session	7 <sup>th</sup> session	8 <sup>th</sup> session	9 <sup>th</sup> session	10 <sup>th</sup> session	24 Hour Total	24 Hour Goal
Time												At least 8 times
Amount Pumped												drops
Day 2	1 <sup>st</sup> session	2 <sup>nd</sup> session	3 <sup>rd</sup> session	4 <sup>th</sup> session	5 <sup>th</sup> session	6 <sup>th</sup> session	7 <sup>th</sup> session	8 <sup>th</sup> session	9 <sup>th</sup> session	10 <sup>th</sup> session	24 Hour Total	24 Hour Goal
Time												At least 8 times
Amount Pumped												drops
Day 3	1 <sup>st</sup> session	2 <sup>nd</sup> session	3 <sup>rd</sup> session	4 <sup>th</sup> session	5 <sup>th</sup> session	6 <sup>th</sup> session	7 <sup>th</sup> session	8 <sup>th</sup> session	9 <sup>th</sup> session	10 <sup>th</sup> session	24 Hour Total	24 Hour Goal
Time												At least 8 times
Amount Pumped												More than day 2
Day 4	1 <sup>st</sup> session	2 <sup>nd</sup> session	3 <sup>rd</sup> session	4 <sup>th</sup> session	5 <sup>th</sup> session	6 <sup>th</sup> session	7 <sup>th</sup> session	8 <sup>th</sup> session	9 <sup>th</sup> session	10 <sup>th</sup> session	24 Hour Total	24 Hour Goal
Time												At least 8 times
Amount Pumped												More than day 3
Day 5	1 <sup>st</sup> session	2 <sup>nd</sup> session	3 <sup>rd</sup> session	4 <sup>th</sup> session	5 <sup>th</sup> session	6 <sup>th</sup> session	7 <sup>th</sup> session	8 <sup>th</sup> session	9 <sup>th</sup> session	10 <sup>th</sup> session	24 Hour Total	24 Hour Goal
Time												At least 8 times
Amount Pumped												More than day 4
Day 6	1 <sup>st</sup> session	2 <sup>nd</sup> session	3 <sup>rd</sup> session	4 <sup>th</sup> session	5 <sup>th</sup> session	6 <sup>th</sup> session	7 <sup>th</sup> session	8 <sup>th</sup> session	9 <sup>th</sup> session	10 <sup>th</sup> session	24 Hour Total	24 Hour Goal
Time												At least 8 times
Amount Pumped												More than day 5

Day 7	1 <sup>st</sup> session	2 <sup>nd</sup> session	3 <sup>rd</sup> session	4 <sup>th</sup> session	5 <sup>th</sup> session	6 <sup>th</sup> session	7 <sup>th</sup> session	8 <sup>th</sup> session	9 <sup>th</sup> session	10 <sup>th</sup> session	24 Hour	24 Hour Goal
Time												At least 8 times
Amount Pumped												More than day 6
Day 8	1 <sup>st</sup> session	2 <sup>nd</sup> session	3 <sup>rd</sup> session	4 <sup>th</sup> session	5 <sup>th</sup> session	6 <sup>th</sup> session	7 <sup>th</sup> session	8 <sup>th</sup> session	9 <sup>th</sup> session	10 <sup>th</sup> session	24 Hour	24 Hour Goal
Time												At least 8 times
Amount Pumped												More than day 7
Day 9	1 <sup>st</sup> session	2 <sup>nd</sup> session	3 <sup>rd</sup> session	4 <sup>th</sup> session	5 <sup>th</sup> session	6 <sup>th</sup> session	7 <sup>th</sup> session	8 <sup>th</sup> session	9 <sup>th</sup> session	10 <sup>th</sup> session	24 Hour	24 Hour Goal
Time												At least 8 times
Amount Pumped												More than day 8
Day 10	1 <sup>st</sup> session	2 <sup>nd</sup> session	3 <sup>rd</sup> session	4 <sup>th</sup> session	5 <sup>th</sup> session	6 <sup>th</sup> session	7 <sup>th</sup> session	8 <sup>th</sup> session	9 <sup>th</sup> session	10 <sup>th</sup> session	24 Hour	24 Hour Goal
Time												At least 8 times
Amount Pumped												More than day 9
Day 11	1 <sup>st</sup> session	2 <sup>nd</sup> session	3 <sup>rd</sup> session	4 <sup>th</sup> session	5 <sup>th</sup> session	6 <sup>th</sup> session	7 <sup>th</sup> session	8 <sup>th</sup> session	9 <sup>th</sup> session	10 <sup>th</sup> session	24 Hour	24 Hour Goal
Time												At least 8 times
Amount Pumped												More than day 10
Day 12	1 <sup>st</sup> session	2 <sup>nd</sup> session	3 <sup>rd</sup> session	4 <sup>th</sup> session	5 <sup>th</sup> session	6 <sup>th</sup> session	7 <sup>th</sup> session	8 <sup>th</sup> session	9 <sup>th</sup> session	10 <sup>th</sup> session	24 Hour	24 Hour Goal
Time												At least 8 times
Amount Pumped												More than day 11
Day 13	1 <sup>st</sup> session	2 <sup>nd</sup> session	3 <sup>rd</sup> session	4 <sup>th</sup> session	5 <sup>th</sup> session	6 <sup>th</sup> session	7 <sup>th</sup> session	8 <sup>th</sup> session	9 <sup>th</sup> session	10 <sup>th</sup> session	24 Hour	24 Hour Goal
Time												At least 8 times
Amount Pumped												More than day 12
Day 14	1 <sup>st</sup> session	2 <sup>nd</sup> session	3 <sup>rd</sup> session	4 <sup>th</sup> session	5 <sup>th</sup> session	6 <sup>th</sup> session	7 <sup>th</sup> session	8 <sup>th</sup> session	9 <sup>th</sup> session	10 <sup>th</sup> session	24 Hour	24 Hour Goal
Time												At least 8 times
Amount Pumped												More than day 13

For breastfeeding help call the Texas Lactation Support Hotline at  
1-855-550-6667  
or visit [www.breastmilkcounts.com](http://www.breastmilkcounts.com)



This institution is an equal opportunity provider.  
© 2017 All rights reserved. Stock no. F13-06-13103 Rev. 7/17