

Tear-Sheet Toolkit



Pumping Chart

Circle Each Hour in Which You've Pumped

Double-pump about 15 minutes at first; adjust as you learn your breasts.

Pump at least once a night.

If you have a non-nursing baby, 10 expressions per day is excellent.

Many mothers aim for 8. Try not to fall below 8 in the early weeks.

After the first two weeks, 6 is a bare minimum.

For best volume, be sure to follow each pumping session with some hand expression!

Date		Goal	Total
_____	Midnight 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11	_____	_____
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