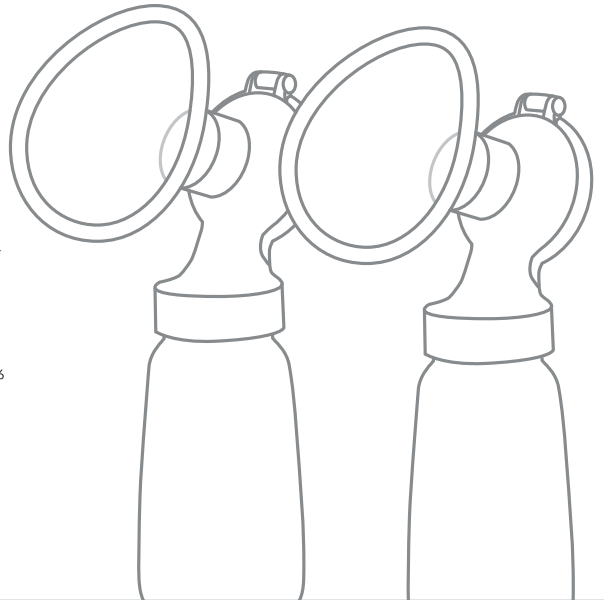


Breastfeeding / Pumping Log



Feeding your baby on a neonatal unit can be a very different experience to what you had imagined.

Your breast milk offers the best protection against infant health conditions including sepsis,¹ chronic lung disease² and necrotising enterocolitis (NEC).³ Evidence-based lactation practices are important to ensure your own milk is available early, often and for as long as needed for your baby.⁴⁻⁶

Your milk is more than just food; it is medicine. Every drop counts.

To build a good milk supply that lasts into the future, it is important to get as much support as possible in the first hours and first 14 days after birth. This is when your body is at a critical time point to switch on the milk-making cells to produce enough milk for the future needs of your baby.⁴⁻⁶ Milk volumes start off very small in the first few days, but quickly build up into larger amounts by day 10-14. Your goal is to achieve more than 500 ml of milk per day by day 14.⁷ The latest scientific studies recommend that all mums are provided with good information from their health care provider to support them to:

- 1.** Initiate milk supply by starting to express within 1-3 hours after birth.^{6,8}
- 2.** Build milk supply with frequent expression.⁶
- 3.** Maintain milk supply with frequent expression and monitoring of daily milk volumes.⁷
- 4.** Double pump and have correctly fitted breast shields.^{9,10}
- 5.** Test weigh pre and post breastfeed for accurate measure of milk transfer during at-breast feeds.^{11,12}

≥8 x 24h

Frequent pumping

Night-time pumping

Double pumping

≥500mls

Tracking total daily milk volumes

Pump 8 or more times in 24 hours⁶
Find your maximum comfort vacuum setting and check your breast shield size¹³

Pump at least once during the night between 00:00 - 07:00am⁶

Double pumping will save you time and stimulate an additional milk ejection⁹

Track milk volumes to build and maintain milk volume target: ≥500ml of milk by day 14⁷

Once you get a total of 20 mL from both breasts on 3 consecutive pumping sessions: Switch from Symphony INITIATE to MAINTAIN¹⁴

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