

Power Pumping



Power pumping is used to boost milk supply by mimicking cluster feeding. When a baby cluster feeds, they stimulate the breast by nursing in short, more frequent times, telling your body to produce more milk. Power pumping is done over a 60-minute period, once a day for 3-5 days. It is suggested that you power pump in the morning when your prolactin levels are higher.

To start power pumping, you could try the following schedule:

- Pump for 20 minutes
 - Rest for 10 minutes
 - Pump for 10 minutes
 - Rest for 10 minutes
 - Pump for 10 minutes
- the rest of the day, pump or nurse as you normally would.

Power Pumping Tips

- Pump in a comfortable chair in a relaxed setting
- Make sure your pump settings are at the highest **comfortable** setting. A high vacuum level doesn't always mean more milk
- Flange sizing is very important, not only for comfort, but also for effective milk removal. Using a poorly fitted flange can negatively affect your milk supply
- Drink plenty of water and have healthy snacks available
- Do something that is fun and relaxing while pumping
- Be kind to yourself. If power pumping feels like too much, then skip a day

It may take a few days to see an increase in milk volumes, so be patient.