

Our favourite tips for breastfeeding & pumping



Bon + Bear™

FOR THE MODERN MAMA

A cheat sheet to help you build a more *sustainable* and enjoyable feeding journey

We understand that it can be difficult to build and maintain a feeding journey that works well for you. This years Breastfeeding Awareness week is focusing on making a difference for working parents, and we hope that these tips and tricks will you with your breastfeeding goals, whether that's at home or whilst you're back at work.

OUR FAVOURITE TIPS FOR
BREASTFEEDING & PUMPING

NUMBER ONE

Navigating breastfeeding whilst back at work

The return to work can throw up lots of hurdles when it comes to your breastfeeding journey. Here are some of our top tips to make the change in routine a simpler.

MAKE CLEANING SIMPLER

Make sure you have enough bottles and storage pots to express into for a whole day, so that you have less to wash up. You don't need to sterilise breast pump parts after every pumping session, and only flanges need to be washed after every feed — save the rest for one big wash at the end of the day, and decant the other bottles in the fridge into storage bags to freeze.

DIVIDE MILK INTO SMALL QUANTITIES

Store milk in freezer pouches in 1-2 oz batches in the early days. It's easier to thaw, and less milk will be wasted (babies will usually drink smaller amounts from a bottle). You must use milk within 24 hours once thawed in the fridge, or 2 hours if thawed at room temperature.

OUR FAVOURITE TIPS FOR
BREASTFEEDING & PUMPING

BREASTFEED OFTEN

Make breastfeeding the last thing you do before you leave, and the first thing you do on return. Consider having 'baby feeding moons', where you spend the weekend together just feeding on demand, have lots of skin to skin contact and rest, so that you can build up milk supply again.

DON'T GET DISHEARTENED

Remember, milk expressed is not a reflection of how much milk you have, or what baby gets when feeding from you. The let down reflex to allow your milk to flow is caused by relaxation and oxytocin — a breast pump is mechanical and can cause stress, so it isn't going to create the same feelings as breastfeeding does.

It can feel overwhelming navigating a new feeding routine when you go back to work, especially if you have been at home with baby for an extended period of time.

Move into this new stage of your journey with confidence — you got this, mama!

OUR FAVOURITE TIPS FOR
BREASTFEEDING & PUMPING

NUMBER TWO

Must-buys to make your pumping journey easier

Breast pumping is not without its cons, but it doesn't have to be an experience that feels difficult and inconvenient. These must-buys will help your breast pumping journey feel easier.



A STERILISER BAG

A steriliser bag saves faffing on whilst you're out and about. They're roomy enough to fit all pump parts and bottles, then just add a splash of water and pop in the microwave. The bag stays sealed until you need to use it, and everything remains sterile. Remember, you don't need to sterilise breast pump parts after every pumping session. Once a day is fine, but just be sure to wash the parts in warm soapy water thoroughly after each use.

A DISCREET, WEARABLE BREAST PUMP

These sit in your bra, and allow you to go about your day whilst pumping pretty discreetly. Wren, Elvie, and Medela all have good options.



OUR FAVOURITE TIPS FOR
BREASTFEEDING & PUMPING



THE CORRECT SIZED FLANGE

Check the flange/breast shield size of your pump. They typically come in the box as 'standard size', and usually this is too big for the average woman. They should be the size of your nipple, and using one that is too big is one of the top causes of reduced milk output. It's important to measure your nipple and check the manufacturers guide. It's doubly important that you buy from a reputable breast pumping brand (Medela, Elvie, Ardo, and Wren are all good options), not a bottle brand like Tommy Tippee or Mam — they don't offer different sizes, and are in the market of getting you to use their bottles, rather than pumps!

SOME QUICK HACKS



Use milk catchers on the opposite side to the one you are breastfeeding baby with, so that you can catch the milk let down at each feed, save it, then freeze for a little stash in case of emergencies. I did this for every feed in the first 6 weeks — not only is milk supply usually at it's highest then, but you'll be feeding on demand, so when/if you do introduce a bottle later on then you already have milk to use.

If you find pumping stressful, and it's affecting your milk output, try covering the bottle with a baby sock so you aren't watching the bottle to see how much is expressing. You'll be more likely to switch off, and hopefully pump more as a result!



Breastfeeding your baby can be simultaneously the most magical and most daunting experience of your new mum journey. It is all-encompassing, and adding pumping into the mix can feel like an additional pressure that you don't want to deal with. But the truth is, pumping can alleviate some of the time constraints of breastfeeding and allow you to do things away from your baby without needing to worry about feeding them. Being prepared and having the right kit will make your pumping journey much smoother.