



Breastmilk Storage Guidelines

AT ROOM TEMPERATURE	4 HOURS
INSULATED COOLER BAG	24 HOURS
REFRIGERATOR	72 HOURS
FREEZER	3 – 6 MONTHS
DEEP FREEZER	6 – 12 MONTHS

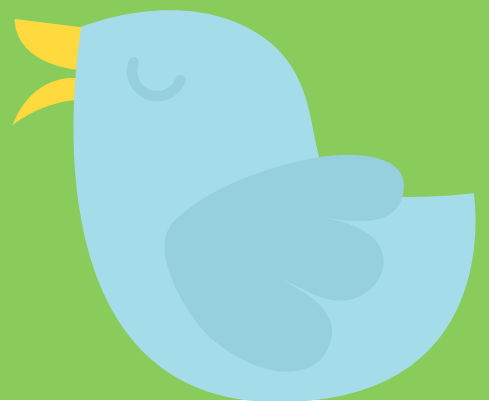
A MAMA BIRD'S PUMPING GOALS

My goal for pumping is _____.

It is important to me that _____.

I will nourish my baby by _____.

I will self care by _____.



This resource provides a lot of different ideas and tips for you to try.

This simple checklist can help you to keep track of what you've tried and what worked best for you.

TECHNIQUE

TRIED IT

NOTES

Write out my pumping goals

Set up a pumping schedule

Check fit of flanges

Drink more water

Lower the lights

Get comfortable

Listen to music

Listen to the guided relaxation

Look at a picture of my baby

Compressions and massage

“Massage - Stroke - Shake”

Hand expression

Nipple cream in flanges

Experiment with pump suction

Make time daily for self care
