



Breastfeeding and Pumping Quick Reference Guide

Practical Tips for Nursing, Pumping, and Breastmilk Storage

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WHAT'S INSIDE?

This quick reference guide provides practical tips for breastfeeding and pumping—from recognizing feeding cues to pumping in the workplace. Each section includes a “Standout Tip”, plus additional information that you can use right away.



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Need More Support?

You'll find links to additional resources for extra guidance, support, and information on every page.

TIPS FOR FEEDING ON DEMAND

Standout Tip



Tracking wet and dirty diapers is one of the best signs to determine if your baby is getting enough breastmilk.

1

Watch Hunger Cues

Rooting, sucking hands, lip smacking, restlessness. Respond before crying.

2

Ignore the Clock

Feed whenever baby shows hunger signs, even if recently fed.

3

Let Baby Set the Length

Allow baby to nurse until they unlatch naturally. Offer the other side if desired.

4

Expect Cluster Feeding

Frequent evening feeds are normal and help boost supply.

5

Growth Spurts

Expect increased feeding around 2 weeks, 6 weeks, 3 months, and 6 months.

6

Night Feeding is Normal

Feed every 2-4 hours at night; keep lights dim.

7

Calm Environment

Feeding in a quiet, relaxed space can make sessions smoother.

8

Skin-to-Skin Contact

Supports milk production, feeding readiness, and bonding.

9

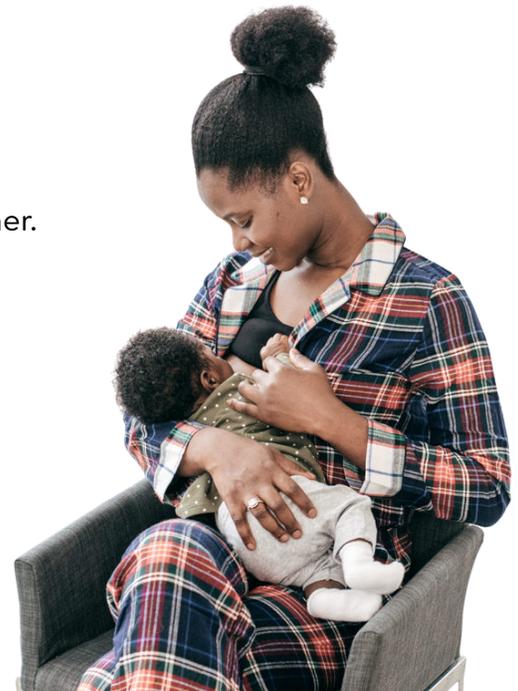
Stay Comfortable

Wear easy-access clothing; keep water/snacks nearby.

10

Trust Your Body

Frequent feeding increases supply.



Additional Resources

[Breastfeeding Your Baby | ACOG](#)

[Cluster Feeding and Growth Spurts | USDA-WIC](#)

TIPS FOR PUMPING SUCCESS



Standout Tip

Pump when baby would normally feed to maintain supply.

1

Match Baby's Feeding Times

Pump every 2-3 hours if apart from baby.

2

Morning Sessions

Supply is highest in the morning—pump early.

3

Double Pump

Saves time and can increase milk output.

4

Store Properly

Refrigerate breastmilk within 4 hours; freeze if not used within 4 days.

5

Stay Comfortable

Use proper flange fit and good posture.

6

Hydrate & Eat Well

Maintain good nutrition and hydration.

7

Massage Breasts Before and During Pumping

Stimulates let-down.

8

Label Milk Clearly

Include date/time pumped and use oldest milk first.

9

Clean Pump Parts Thoroughly

Follow CDC cleaning guidelines.

10

Hands-Free Pumping Bra

Increases comfort and multitasking ability.



Additional Resources

[Breast Milk Storage and Preparation | Breastfeeding | CDC](#)
[Pumping Breast Milk | Infant and Toddler Nutrition | CDC](#)

BREASTFEEDING/PUMPING IN THE WORKPLACE



Standout Tip

Secure a private space and set pumping breaks in advance.

Before Returning to Work

1

Talk to Your Employer Early

Discuss your need for pumping breaks and a private space (not a bathroom) before your return date.

2

Know Your Rights

In the U.S., the PUMP Act requires most employers to provide reasonable break time and a private space for expressing milk.

3

Practice a Pumping Routine

Begin pumping and storing milk a few weeks before returning to build confidence and supply.

At Work

1

Schedule Pumping Sessions

Aim to pump every 3 hours (2-3 times during an 8-hour shift) to maintain supply.

2

Choose a Comfortable Space

Use a private, clean area with a chair, table, and electrical outlet if needed.

3

Bring a Cooler Bag

If no refrigerator is available, use a cooler with ice packs to store milk safely.



Additional Resource

[Fact Sheet #73: Break Time for Nursing Mothers under the FLSA | U.S. Department of Labor](#)

BREASTFEEDING/PUMPING IN THE WORKPLACE



Standout Tip

Keep a small photo of your baby to help stimulate let-down while pumping.

4

Wear Pump-Friendly Clothing

Opt for tops or dresses designed for nursing/pumping access.

5

Stay Hydrated and Nourished

Keep a water bottle and healthy snacks at your desk or in your bag.

After Work

1

Transport Milk Safely

Keep milk cold until you get home; transfer to the fridge or freezer promptly.

2

Nurse When You're Home

Breastfeed directly when you can to help maintain your supply and bonding time.

3

Clean Pump Parts Daily

Follow CDC guidelines for cleaning and sanitizing.

Extra Helpful Workplace Tips

1

Hands-Free Pump

Allows multitasking and comfort during breaks.

2

Set Calendar Reminders

Prevents missed pumping sessions.

3

Have a Backup Kit

Keep extra pump parts, breast pads, and milk storage bags at work.



Additional Resources

[Breastfeeding and going back to work | Women's Health](#)
[Going Back to Work | USDA-WIC](#)

TYPICAL FEEDING ROUTINE

Standout Tip



Every baby is unique. How much and how often they feed depends on their individual needs.

Age Range	Approximate feeding per 24 hours
Birth-1 month	8-12 feeds (every 2-3 hours)
1-3 months	7-9 feeds (every 3-4 hours)
3-6 months	6-8 feeds
6-12 months	4-6 feeds (with solids)
12-24 months	2-4 feeds (with solids)

*This routine reflects patterns for exclusively breastfed infants.



Additional Resource

[How Often and How Much Should Your Baby Eat? | Healthy Children](#)



To explore a wide range of topics and resources,
please visit the Healthy Start TASC Resource Library:

👉 <https://healthystart-tasc.org/resources/>

Disclaimer: This guide is for education purposes only and is not to substitute medical advice. Always consult a healthcare provider with questions or concerns about your baby's health.

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