

BREAST MILK PUMPING LOG

Name: _____

A baby breastfeeds at least 8-12 times in 24 hours. It is important to pump as often as your baby would feed. In 24 hours, pump at least 8 times, every 2 - 3 hours with a maximum of one 5-hour gap with no pumping. Breast massaging before/during pumping and hand expressing after pumping helps increase your milk supply. Kangaroo Care (any Skin-to-skin contact) with your baby before you pump can elevate your hormones and increase the amount of milk you may be able to express.

Please mark volume (amount) pumped, KC for Kangaroo Care (any Skin-to-Skin), under the hour column, and add your 24 hour totals.

Day	1am	2am	3am	4am	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	12am	24 Hour Totals
E.g. Day 7				75mL			60mL		55mL			75mL KC		60mL KC			75mL KC			60mL			60mL		Milk: 520 mL Pumps: 8 KC: 3
																									Milk: _____ mL Pumps: _____ KC: _____
																									Milk: _____ mL Pumps: _____ KC: _____
																									Milk: _____ mL Pumps: _____ KC: _____
																									Milk: _____ mL Pumps: _____ KC: _____
																									Milk: _____ mL Pumps: _____ KC: _____
																									Milk: _____ mL Pumps: _____ KC: _____

Breastfeeding Program 416-813-5757 (Option 2)

Please call if you have not reached 350mL (preterm) or 500mL (term) in 24 hours by day 7 of life or 750mL in 24 hours by day 14 of life.

For a detailed review on how to establish and maintain a milk supply using the hospital pumps, please see: <https://www.youtube.com/watch?v=LgLunORv8dA>