

BREAST PUMPS 101

HOW TO SUPPORT YOUR BREASTFEEDING JOURNEY

WHICH PUMP IS RIGHT FOR ME?



The answer to this question really depends on your lifestyle, insurance coverage and pumping needs. The good news is, there are tons of breast pump styles and types so you can find your perfect pump.

Here are the three types of breast pumps you might encounter, and the pros and cons of each.



PORTABLE BREAST PUMPS

Pros:

- Lightweight and small – perfect for busy moms-on-the-go
- Does not have to be plugged in to use

Cons:

- May not have the same suction strength as other desktop breast pumps
- Will have to be charged regularly or batteries changed often



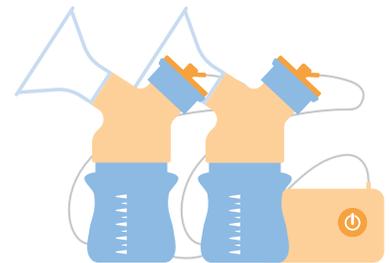
SMART BREAST PUMPS

Pros:

- App connectivity allows you to track your pumping, feeding and diaper schedules
- Easily take your baby's information to your healthcare provider

Cons:

- May be hard to set up
- Smartphone required to access app



ESSENTIAL BREAST PUMPS

Pros:

- Backed by years of mom testimonials
- Everything you need to have a successful breastfeeding journey

Cons:

- Typically doesn't include fancy extras
- Larger and less portable than other breast pumps

HEAR WHAT OTHER FAMILIES ARE SAYING



Is using a breast pump the right choice for you and your family? If you are unsure, below are some common situations where a breast pump may be beneficial. Plus, your breast pump could even be free through insurance!

1 TO RELIEVE FULLNESS

"My daughter liked to take long naps and I would do anything to avoid waking her so that I could enjoy a little peace and quiet. Sometimes I would become uncomfortably full, so I'd use the pump while she napped to keep from having to wake her to nurse. I was able to build a great freezer stash of milk!"

MEGHAN G.

2 TO EASE TRANSITION BACK TO WORK

"It was really important for me to keep breastfeeding and have enough of my breast milk for my baby when I returned to work after maternity leave. I was able to breastfeed my baby for a full year traveling to work and on business trips with my pump and build enough of a supply for those short times I was away."

AMANDA D.

3 TO BUILD A FREEZER SUPPLY

"When I was pregnant, I was taking prerequisite classes for grad school. I had a final exam scheduled for two weeks after my due date. The final was four hours long, and with a supply of breast milk, my husband and I felt comfortable knowing our son wouldn't go hungry during the test."

KATY D.

4 TO ENABLE CAREGIVERS TO FEED BABY

"My wife was primarily breastfeeding, but once her milk supply was well established, she did pump as well. This also gave me a chance to help feed our son when my wife was away from the house and not able to breastfeed him."

ERIC B.

HELPFUL BREAST PUMPING TIPS

BEFORE BABY IS BORN - Take a breastfeeding class and consider childcare close to work or school where you may be able to breastfeed during lunch breaks.

PREPARE FOR PUMPING - Focus first on learning to breastfeed and making lots of milk, delay returning to work or school as long as possible, then two weeks before begin pumping and storing enough milk for when you're not with your baby. When you are separated, you can have someone else feed your baby.

PLAN YOUR ROUTINE - Allow enough time for a relaxed morning breastfeeding your baby. Breastfeed your baby at home and again at the caregiver's, if possible, to keep up your milk supply. Breastfeed or pump at work at least three times in eight hours for a young baby.

HANDY ACCESSORIES - Consider getting a bag with insulated storage to transport milk containers and pump, freezer bags designed for long-term storage of pumped milk (which can last 4-6 months in the freezer), and extra containers for a ready-to-go supply in the fridge. Be sure to follow the pump manufacturer's instructions for properly cleaning your pump and accessories.

Do you qualify
for a free breast pump
through insurance?

Discover your
options [online](#).

WITH SPECIAL THANKS TO OUR SPONSOR

AEROFLOW  BREASTPUMPS
BREASTPUMPS THROUGH INSURANCE