

The Proficient Pumper - November

1. Reasons for pumping may be temporary or permanent.
2. A breast pump is a tool that may be used to maintain milk production but not increase it.
3. When exclusive direct breastfeeding is not possible, pumping is the only alternative.
4. "Hospital-grade breast pump" is a medical term recognized by the Food and Drug Administration (FDA).
5. Because breast pumps are not included in the International Code of Marketing of Breast-milk Substitutes (a.k.a. The WHO Code), all breast pump companies are automatically WHO Code compliant.
6. Parents can sterilize their breast pump parts at home.
7. A tacky nipple cream such as lanolin can increase comfort with pumping by adding extra lubrication.
8. Pumping hands-free requires the purchase of an expensive hands-free bra.
9. Using breast massage and/or hand expression in combination with pumping results in greater output than pumping on its own.
10. It can be more difficult to let down for a breast pump than for a baby.