

Keeping track of how much breastmilk you are making

Sample pumping schedules		
8 times a day (every 3 hours)	10 times a day (every 2 hours during the day and every 4 hours at night, <u>if recommended by LC</u>)	
6 am	6 am	
9 am	8 am	
12 noon	10 am	
3 pm	12 noon	
6 pm	2 pm	
9 pm	4 pm	
12 midnight	6 pm	
3 am	8 pm	
	10 pm	
	2 am	

Each time you pump, write down the amount of breastmilk you collect.

Day	1 . Date:	
1	Time	Amount
2		
3		
4		
5		
6		
7		
8		
9		
10		
	Total	

Day 2. Date: _____

	Time	Amount
1		
2		
3		
4		
2 3 4 5 6		
6		
7		
8		
9		
10		
	Total	

Day 3. Date: _____ Day 4. Date:

_	Time	Amount
1		
2		
3		
4		
2 3 4 5 6		
6		
7		
8		
9		
8 9 10		
	Total	

Duy 4. Duto		
	Time	Amount
1		
2 3		
4		
5		
6		
7		
8		
9		
10		
	Total	

Day 5. Date: _____

	Time	Amount
1		
2		
3		
4		
2 3 4 5 6		
6		
7		
8		
9		
10		
	Total	

Day	6. Date: _		
	Time	Amount	
1] [
2] [
2 3 4] [
] [
5 6] [
6] [
7] [
8] [
9			
10			
	Total		

Day 7. Date: _____

	Time	Amount
1		
2		
3		
4		
2 3 4 5 6 7		
6		
8 9		
9		
10		
	Total	

Goal at Day 7: ✓Pumping at least 8 times a day. ✓Getting 60 ml each time you pump (one full container) and over 500 ml each day. Double this for twins. Call your Lactation Consultant (LC) with your milk volume.

Day 9. Date: _____

Time

1

2 3

4 5

6

7

8

9

10

Total

Day 12. Date: _____ Time A

Total



Amount

Amount

Day 10. Date: _____

	Time	Amount
1		
2		
2 3 4		
5 6		
6		
7		
8		
9		
10		
	Total	

Day 11. Date: _____

Total

Day 8. Date: _____

Amount

Time

1

2

3 4

5 6

7

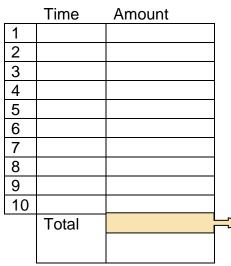
8

9

10

	Time	Amount
1		
2		
2 3 4 5 6		
4		
5		
6		
7		
8		
9		
10		
	Total	

Day 14. Date: _____



Every drop of milk you make is valuable!

Your milk protects your baby from infections and improves their development. Keep up the great work!

Goal at Day 14: A full milk supply! ✓ Pumping at least 8 times a day. ✓ Getting 100 ml each time you pump (one and a half containers) and over 800 ml each day. Double this for twins. Call your LC with your milk volumes.

Call a Lactation Consultant at 905-521-2100, ext. 72774 or 72776 with your milk volumes on day 7 and 14 of pumping, and weekly after that. We will help you reach your goals!

Day 13. Date: _____

	Time	Amount
1		
2		
3		
4		
2 3 4 5 6 7		
6		
7		
8		
9		
10		
	Total	