

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: _____

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

Day 2. Date: _____

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

Day 3. Date: _____

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

Day 4. Date: _____

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

Day 5. Date: _____

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

Day 6. Date: _____

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

Day 7. Date: _____

	Time	Amount
1		
2		
3		
4		
5		
6		
7		
8		
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 8. Date: _____

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

Day 9. Date: _____

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

Day 10. Date: _____

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

Day 11. Date: _____

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

Day 12. Date: _____

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

Day 13. Date: _____

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

Day 14. Date: _____

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

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!