



bumble baby



exclusively pumping schedule

sample by age

0 - 8 WEEKS

Aim for **8-10 pumps** per day

Every 3 hours during the day

Every **3-4 hours over night**

8 - 16 WEEKS

Aim for **6-8 pumps** per day

Every 3 hours during the day

Every **4-6 hours over night**

4 - 6 MONTHS

Aim for **4-5 pumps** per day

Every 3-4 hours during the day

0-1 times over night

6 - 8 MONTHS

Aim for **4-5 pumps** per day

Every 3-4 hours during the day

0-1 times over night

8 - 12+ MONTHS

Aim for **4-5 pumps** per day

Every 3-4 hours during the day

0-1 times over night

TIPS

***Start at 7 am** every day, regardless of last pump. This will set your day off on the right schedule and make things predictable.

***At 8 weeks**, if your baby is sleeping through the night, there is no need to wake to pump. You can wake if you wish!

tips

***Starting at 7AM everyday** will set your day off on the right schedule and make things predictable.

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BUMBLEBABYCHICAGO.COM

for more of our favorite products, see our Amazon shop, pumping essentials
& our e-guide pumping tips + troubleshooting.
or see our instagram on pumping tips & more

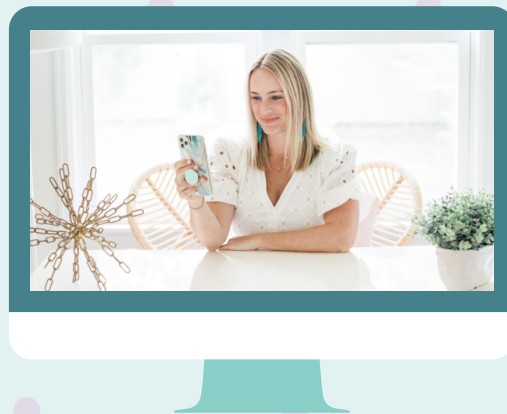




exclusively pumping schedule

sample by age

exclusively pumping is **HARD!**
you are doing great!!



If you are experiencing oversupply, mastitis or undersupply contact your provider or schedule a text or video chat consult with Kate, Natalie or Lauren.

We are here to help YOU and your journey!

disclaimer: This is a sample schedule. Every body, milk output and breastfeeding journey is different.



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exclusively pumping schedule

0-8 weeks

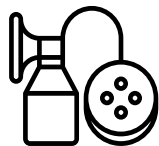
*pump every 3 hours during the day.
aim for 8-10 pumps per day.*

Start at 7 am
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regardless of
last pump.



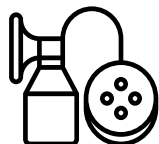
07:00

AM



10:00

AM



1:00

PM



04:00

PM



07:00

PM



10:00

PM



3-4hrs

PM

every 3-4hrs
overnight

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exclusively pumping schedule

8-16 weeks

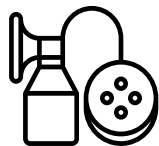
*pump every 3 hours during the day.
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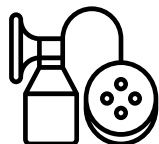
07:00

AM



10:00

AM



1:00

PM



04:00

PM



07:00

PM



10:00

PM



4-6hrs

PM

every 4-6hrs
overnight

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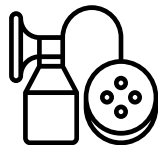


exclusively pumping schedule

4-5 months

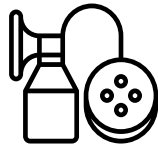
*pump every 3-4 hours during the day.
aim for 4-5 pumps per day.*

Start at 7 am
every day,
regardless of
last pump.



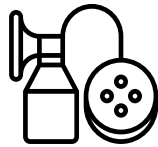
07:00

AM



10:30

AM



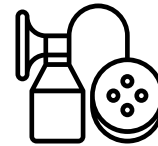
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PM



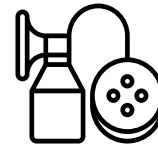
05:30

PM



09:00

PM



0-1X

PM

0-1 time
overnight

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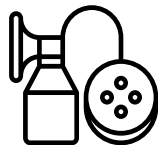


exclusively pumping schedule

6-8 months

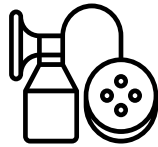
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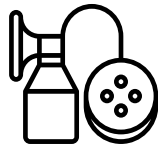
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AM



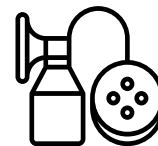
11:00

AM



03:00

PM



07:00

PM



10:00

PM



0-1X

PM

0-1 time
overnight

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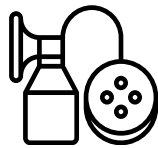


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8-12+ months

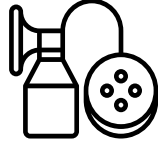
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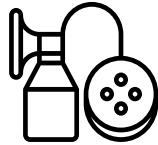
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11:00

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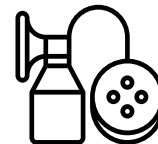
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helpful blog posts & e-guides

helpful BLOG POSTS

- [5 SIGNS IT'S TIME TO WEAN FROM BREASTFEEDING/PUMPING BLOG](#)
- [NATALIE'S LACTATION COOKIE RECIPE](#)
- [HOW TO EFFICIENTLY STORE BREASTMILK](#)
- [HOW TO KNOW IF YOU HAVE HIGH LIPASE](#)
- [HOW "BREAST REST" SAVED MY BREASTFEEDING JOURNEY](#)
- [HOW TO SUPPLEMENT WITH FORMULA](#)
- [WHY YOU SHOULD USE A HAAKAA + HOW TO PROPERLY USE IT](#)
- [ALL ABOUT NIPPLE SHIELDS](#)
- [ALL ABOUT BLOCKED MILK DUCTS + MASTITIS](#)
- [CORRECTLY BOTTLE FEEDING YOUR BABY + WHY IT'S IMPORTANT](#)
- [5 COMMON NIPPLE ISSUES](#)



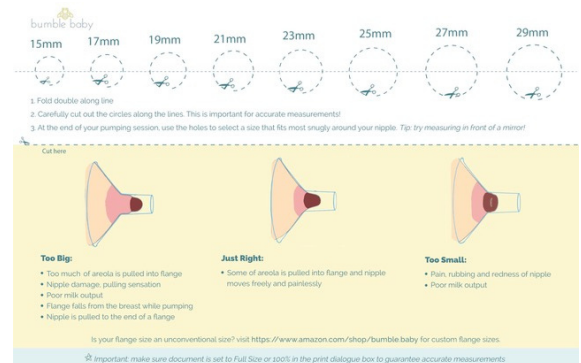
helpful E-GUIDES

- [BREASTFEEDING TIPS + TROUBLESHOOTING](#)
- [WEANING FROM BREASTFEEDING/PUMPING CALENDAR](#)
- [SPECTRA S1 + S2 TIPS](#)
- [MEDELA PISA + FREESTYLE TIPS](#)
- [PUMPING TIPS + TROUBLESHOOTING](#)
- [MANAGING OVERSUPPLY](#)



DOWNLOAD OUR FREE NIPPLE RULER

to make sure you're using the correct flange size



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helpful posts

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how formula *extends* breastfeeding

- gives the breastfeeding parent a break (mentally + physically)
- allows you to create a storage stash
- reduces stress which often leads to better supply
- allows you to wean a few feeds + find balance with breastfeeding
- extends the **total** amount of time baby gets breastmilk

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HOW TO CLEAN PUMP PARTS

- wash disassembled pump parts in a clean basin with soap + water (not directly in the sink to avoid cross contamination)
- rinse thoroughly and air-dry on clean towel
- sanitize daily using one of these methods:
 - clean in the dishwasher using hot water and heated drying cycle (or sanitize setting)
 - boil in water for 5 minutes
 - microsteam bag or sterilizer (after cleaning)

* use this method for silicone pumps + nipple shields too!

power pumping

TO INCREASE SUPPLY

- ☒ ON pump for 20 minutes
- ☒ ON induce a second letdown around 10 minutes
- ☐ OFF turn pump off for 10 minutes
- ☒ ON pump for 10 minutes
- ☐ OFF turn pump off for 10 minutes
- ☒ ON pump for 10 minutes

◆ stay attached to your pump the whole time!

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power pumping

TO INCREASE SUPPLY *express version!*

- ☒ ON pump for 15 minutes
- ☐ OFF turn pump off for 7 minutes
- ☒ ON pump for 10 minutes
- ☐ OFF turn pump off for 7 minutes
- ☒ ON pump for 10 minutes
- ☐ OFF turn pump off

◆ stay attached to your pump the whole time!

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