# Exclusively Pumping Schedule

## Sample by Age

<table>
<thead>
<tr>
<th>Age</th>
<th>Schedule Details</th>
</tr>
</thead>
</table>
| **0-8 weeks** | Aim for **8-10 pumps** per day  
  **Every 3 hours** during the day  
  **Every 3-4 hours** overnight |
| **8-16 weeks** | Aim for **6-8 pumps** per day  
  **Every 3 hours** during the day  
  **Every 4-6 hours** overnight |
| **4-6 months** | Aim for **4-5 pumps** per day  
  **Every 3-4 hours** during the day  
  **0-1 times** overnight |
| **6-8 months** | Aim for **4-5 pumps** per day  
  **Every 3-4 hours** during the day  
  **0-1 times** overnight |
| **8-12+ months** | Aim for **4-5 pumps** per day  
  **Every 3-4 hours** during the day  
  **0-1 times** overnight |

## Tips

- *Starting at 7AM everyday* 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!

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*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 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.
### Exclusively Pumping Schedule

**0-8 weeks**

- **Pump every 3 hours during the day.**
- **Aim for 8-10 pumps per day.**

<table>
<thead>
<tr>
<th>Time</th>
<th>AM/PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>07:00</td>
<td>AM</td>
</tr>
<tr>
<td>10:00</td>
<td>AM</td>
</tr>
<tr>
<td>01:00</td>
<td>PM</td>
</tr>
<tr>
<td>04:00</td>
<td>PM</td>
</tr>
<tr>
<td>07:00</td>
<td>PM</td>
</tr>
<tr>
<td>10:00</td>
<td>PM</td>
</tr>
<tr>
<td>3-4hrs</td>
<td>PM</td>
</tr>
</tbody>
</table>

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

*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**

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**BumbleBabyChicago.com**

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

![Instagram QR Code]
exclusively pumping schedule

8-16 weeks

pump every 3 hours during the day.
aim for 6-8 pumps per day.

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

Start at 7 AM everyday 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.
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tips

every 4-6hrs overnight

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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
02:00 PM
05:30 PM
09:00 PM
0-1x PM

0-1 time overnight

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

B U M B L E B A B Y C H I C A G O . C O M

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6-8 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.

Tips:

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**8-12+ 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.**

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<td>PM</td>
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<tr>
<td>07:00</td>
<td>PM</td>
</tr>
<tr>
<td>0-1x</td>
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**Tips**

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exclusively pumping schedule

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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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

power pumping to increase supply

- pump for 30 minutes
- induce a second letdown around 10 minutes
- turn pump off for 10 minutes
- pump for 10 minutes
- turn pump off for 10 minutes
- pump for 10 minutes

* stay attached to your pump the whole time!

power pumping to increase supply

- pump for 16 minutes
- turn pump off for 7 minutes
- pump for 10 minutes
- turn pump off for 7 minutes
- pump for 10 minutes
- turn pump off

* stay attached to your pump the whole time!

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