

Power pumping

BY BLOOM LACTATION

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POWER PUMPING

What is Power Pumping?

Power pumping is a technique designed to mimic a baby's cluster feeding behavior. Cluster feeding occurs for various reasons but most commonly to help bring milk in after birth or to increase supply during growth spurts. The extra stimulation during those cluster feeding periods sends a signal to your brain to increase your prolactin. Prolactin is the hormone responsible for producing breast milk so ultimately by increasing prolactin, your breastmilk volume should increase.

Power pumping uses the same principle, encouraging your body to up its milk production by simulating those high-demand feeding times, ultimately assisting in the same increase in prolactin and in turn, milk supply.

When Should You Try Power Pumping?

Power pumping can be especially helpful if:

- Your milk supply has decreased due to stress, illness, or returning to work
- Your baby isn't nursing efficiently
- You're wanting to boost supply for any reason

It's not an overnight fix, but with consistency, many mums see results within a few days to a week.

How often should I power pump?

Once a day, for at least 3-5 days before you start to notice a difference. It's not an overnight fix, but with consistency, many mums see results within a few days to a week.

HOW TO POWER PUMP

A typical power pumping session lasts about one hour and is done by doing a mix of pumping and resting. Ideally this routine is done whilst double pumping although it's not necessary.

Pump for 20 minutes

Rest for 10 minutes

Pump for 10 minutes

Rest for 10 minutes

Pump for 10 minutes

Remember, during this time it is not about getting a lot of volume. Instead, we are focusing on increasing the stimulation so if you don't get any extra volume after the first 10 minutes, this is very normal.

Tips for Success:

- Choose a consistent time each day, ideally where you have support for your baby so you can focus on power pumping without interruptions.
- Stay hydrated and nourished—your body needs fuel to make milk.
- Relax while pumping. Get yourself comfortable, watch a good show, look at photos of your baby etc.
- Use hands-on pumping (gentle breast massage during and after pumping) to help drain the breast better.
- Make sure your pump parts are in good condition and that you're using the correct flange size.

POWER PUMPING:

When to seek help?

If you've been power pumping for a week or more without improvement, or if you're unsure whether your baby is getting enough milk, reach out to a lactation consultant. Sometimes underlying issues like latch problems, tongue ties, or hormonal imbalances may need to be addressed.

Power pumping is a tried-and-true method to encourage increased milk production. It takes time, patience, and a bit of dedication, but the results can be well worth it.

What else can you do to help support your milk supply?

- Ensure you are eating and drinking enough.
- Getting rest wherever you can.
- Having regular effective breastfeeds or pumping sessions.

Remember, every breastfeeding journey is unique. Trust your body, seek support when you need it, and know that you're doing an amazing job.

LET'S STAY IN TOUCH



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