

Power Pumping

Strategy

What is it?

Power pumping is a strategy used to stimulate a mother's body to make more milk by rapidly emptying the breasts. Power pumping replicates what a baby does at breast during cluster feeding, typically during growth spurts. When a baby is cluster feeding, the baby is on and off the breast frequently.

By keeping the breast empty, this sends a message to the mother's body to make more milk to accommodate a growing baby. We can use various power pumping strategies to help a lactating mother increase her milk supply.

There are a couple different versions of power pumping that can be used depending on the amount of time the mother has available. It is often helpful to keep a pump log to track milk volumes and note any changes with power pumping. Relaxation techniques during these pumping sessions have proven helpful; soothing music, guided relaxation, and aromatherapy are some examples. Skin-to-skin with baby, smelling baby or baby's clothing, and looking at baby's picture/video can also help with letdown and milk expression.

Version 1: Power Hour

Typically 1-2 times daily for 1 week (then reevaluate milk supply)

- Massage breasts and hand expression prior to pumping
- Use breast compressions during active pumping (hands on pumping)
- Get comfortable/water/book/TV show/relaxation techniques

Pump 20 min » Rest 10 min » Pump 10 min » Rest 10 min » Pump 10 Min

Stop and continue regular pumping schedule of every 3 hours x 15-20 minutes (2-5 min after last drops)

Version 2: Cluster pumping

Typically 1 time daily for 1 week (then reevaluate milk supply)

- Massage breasts and hand expression prior to pumping
- Use breast compressions during active pumping (hands on pumping)

Pump 15-20 min » Rest 1 hour » Pump 15-20 min » Rest 1 hour » Pump 15-20 min

Stop and continue regular pumping schedule of every 3 hours x 15-20 minutes (2-5 min after last drops)

Note: It is very normal to have little to no milk coming out toward the end of a power pumping session. The empty breast with stimulation is telling your body to make more milk.

Hands on Pumping: <https://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html>

