

# Pumping for an Extra Bottle

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## To Collect Extra Milk for a Bottle When Your Baby is Exclusively Breastfeeding:

### 1. Pump Your Breasts After a Morning Breastfeeding Session

After you breastfeed your baby in the morning (within about 10–15 minutes of when you finish the feeding), pump both breasts for about 10–15 minutes. You will collect the **milk that is left over from the feeding**, and not any milk that is starting to refill for the next feeding. You are more likely to **get more milk** if you pump after a morning breastfeeding session.

If you collect enough milk for a bottle (2–4 oz. depending on your baby's age), save the milk for a feeding later that day.

If you collect less milk than you need for a full bottle (which is normal since you are only taking what milk is leftover), continue to pump after a morning breastfeeding session each day. You can **combine milk from multiple pumping sessions** to make a bottle. Also, you should expect to see that the **amount of milk you are able to pump increases** after 3–5 days of consistently doing this morning pumping session.

### 2. Skip a Breastfeeding Session While Your Baby Drinks the Bottle

When you pump after breastfeeding in the morning, your breasts are being stimulated twice while your baby ate only once. This means that you can **skip a breastfeeding session later in the day** while someone feeds your baby a bottle. Be sure to use paced bottle-feeding technique.

The number of breast stimulations (breastfeeding session or pumping session) must equal the number of your baby's feedings (breastfeeding session or bottle) in a 24-hour period. These stimulations do NOT always need to be at the same time. *So, a pumping session in the morning can cancel out a breastfeeding session later in the day.*

#### Notes:

If you need enough milk for a bottle on a certain day and do not collect enough from your pumping session, you can pump after an additional breastfeeding session(s) until you have enough for a full bottle (2–4 oz. depending on baby's age).

It is possible to use this method to **skip a feeding overnight**. For example: You will breastfeed your baby in the morning, then pump your breasts right after this feeding. For the rest of that day, you will breastfeed your baby on demand. That evening, you would breastfeed your baby before going to bed (perhaps around 9 or 10 PM). When your baby wants to eat again 2–3 hours later, your partner will feed a bottle while you sleep straight through. *Most mothers can go up to 5 hours without breastfeeding or pumping during the first two weeks and slightly longer stretches after two weeks without decreasing their milk supply.*