

Pumping Tips For NICU Parents

1 Skin-to-skin or Kangaroo Care Whenever Possible

Spending time holding your baby skin-to-skin helps regulate their heart rate, temperature, and breathing—and it's a powerful way to boost your milk supply.

2 Pumping at the Bedside When You Can

Pumping near your baby can trigger the release of oxytocin, the hormone responsible for your milk letdown. Seeing, touching, and smelling your baby while pumping helps your body respond as if baby were feeding at the breast.

3 Change Your Pump Parts Regularly

Keeping your pump accessories in good shape ensures optimal suction and milk output.

- **Duckbill Valves:** Replace every 4 weeks if you're pumping exclusively.
- **Backflow Protectors:** Replace every 3 months. Worn parts can affect performance and reduce your milk supply over time.

4 Try These Cycle Settings with the Spectra S1/S2

Babies in the NICU often have slower sucking patterns. Mimicking this can support milk flow and comfort. In the early weeks, focus on frequent sessions and gentle cycles.

Sample 30-Minute Session:

- Massage: 70 cycle / 5 min
- Expression: 42 cycle / 10 min
- Massage: 70 cycle / 5 min
- Expression: 38 cycles / 10 min

Tip: Always use a hands-free bra and gently massage your breasts before, during, and after pumping to promote letdown and maximize milk output.

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