

WHY PUMP?

FIVE GOOD REASONS TO PUMP

Any new mom will tell you that a good breast pump can come in handy. Here are a few reasons why:

Keeps the milk flowing

Many women today go back to work after their baby arrives. Keeping the milk flowing while you're away from your baby helps you avoid the expense of formula. Plus, using a breast pump allows you the flexibility to get back to work without your baby having to miss out on your milk.

Makes it easier for baby to latch on

Sometimes a mother's breast becomes too full for her baby to latch on easily. Pumping for a few minutes softens your nipple and breast enough so the baby can latch on a little easier.

Helps draw out your nipples

If you have inverted nipples, it may be difficult for your baby to latch on. Using a breast pump for a few minutes will help draw out your nipples, which may make it easier for your baby to take the breast.

Provides milk for premature or ill babies

Some babies are too premature or ill to latch onto their mother's breast. When this happens, you can pump. Your milk is like a medicine for your baby. Babies who receive mother's milk are sometimes able to take their food by mouth sooner, and this may help them come home from the hospital earlier.

Increases low milk supply

If you're having trouble making enough milk, using a breast pump will help you increase your milk supply. Pumping to drain your breasts of milk more fully more times each day helps speed up your milk production.

This is general information and does not replace the advice of your physician or healthcare provider. If you have a problem you cannot solve quickly, seek help right away.

*Every baby is different, and your baby may not be average.
If in doubt, contact your physician or other healthcare provider.*