



EverydayBre Resource Library

Exclusive Pumping Schedule

0-2 Months

Pump every 3 hours (8 pumps/day)

3 AM • 6 AM • 9 AM • 12 PM • 3 PM • 6 PM • 9 PM • 12 AM

3-5 Months

If producing **40-50 oz/day** and your supply is steady:

6 Pumps: 3 AM • 7 AM • 11 AM • 3 PM • 7 PM • 11 PM

5 Pumps: 3 AM • 8 AM • 1 PM • 6 PM • 11 PM

6+ Months

If your supply remains **40+ oz/day**:

5 AM • 11 AM • 5 PM • 11 PM

Before Dropping a Pump

- Producing 40-50+ oz/day
- Supply stable for 1-2 weeks
- No clogged ducts or mastitis
- Comfortable with a possible small decrease

Reminder

Pump 15-20 minutes each session. If you have a larger storage capacity or higher output, you may need to pump 20-25 minutes until your breasts feel well-drained. Milk supply is based on demand, not the calendar. If your supply decreases after dropping a pump, add one back and give your body several days to adjust.

Helpful Tips

- Empty breasts fully every pump session
- Hand expression while pumping helps drain breasts
- Don't stress about milk production or if your schedule gets thrown off- stress can hinder supply
- I recommend the Medela Quick Clean Micro-Steam Bags to help with cleaning parts. The link for these will be under the resources tab

