

Power Pumping

Can be a powerful tool if you are struggling to increase milk supply. It is something that you do once per day, it mimics cluster feeding.

If you find yourself needing to express to increase your milk supply, please reach out to your local health visiting team for support with breastfeeding and an evolving care plan.

Visit

<https://surreychildandfamily.co.uk/breastfeeding-support-clinics/cs> to find your nearest local support group and/or

Call on: **0300 247 0025**.

How to Power pump

Once per day for 1 hour directly after a feed

Example approach

Pump for 10 minutes (ideally double pumping) rest for 10 minutes continue regime until full hour complete

It may take 4-7 days to see full effect.

Once milk supply has increase, can wean from daily power pumping but keep routine pumping in until feeding goal is achieved with support from your local health visiting team.