Sample Pumping Schedules & Storage Guidelines

Pumping Schedule:
To help maintain your milk supply, plan to pump every 2-4 hours while you are away from your baby. It’s helpful to set your pumping schedule by marking your calendar or setting an alarm on your phone. Depending on your job, your pumping schedule will vary.
- 8 hour workday: pump between 2-3 times
- 12 hour workday: pump between 3-4 times

Storing Pumped Milk:
- Pumped milk should be stored in a cooler or refrigerator or can be stored at room temperature up to 4 hours.
- Use breast milk storage bags or clean, food-grade containers to store expressed human milk.
- Store pumped milk in 1-4 ounce portions to avoid wasting your milk.
- Write your baby’s name and the date the milk was pumped on each bag.
- Leave an inch of space at the top of the bag to allow milk to expand as it freezes.
- Laying milk bags flat in the freezer allows for more storage in a smaller space.

Center of Disease Control and Prevention Human Milk Storage Guidelines

<table>
<thead>
<tr>
<th>TYPE OF BREAST MILK</th>
<th>Countertop 77°F (25°C) or colder (room temperature)</th>
<th>Refrigerator 40°F of (4°C)</th>
<th>Freezer 0°F (-18°C) or colder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshly Expressed or Pumped</td>
<td>Up to 4 Hours</td>
<td>Up to 4 Days</td>
<td>Within 6 months is best Up to 12 months is acceptable</td>
</tr>
<tr>
<td>Thawed, Previously Frozen</td>
<td>1–2 Hours</td>
<td>Up to 1 Day (24 hours)</td>
<td>NEVER refreeze human milk after it has been thawed</td>
</tr>
<tr>
<td>Leftover from a Feeding</td>
<td></td>
<td>Use within 2 hours after the baby is finished feeding</td>
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</table>

As your baby gets older (9 months and older):
- As your baby eats more solid foods, the amount of human milk they eat will likely be less.
- When you are ready to stop pumping, consider gradually reducing how long you pump each session. As your supply adjusts you can cut out pumping sessions one at a time.
- Many parents begin to decrease pump sessions around 11 or 12 months.
- You can continue to nurse your baby or toddler once you are no longer pumping at work or home.

Tips for nursing toddlers.

Download additional tools and resources at mainebreastfeeds.org