

Breast Pumping Log

This form is for mothers who need to establish their milk supply with a breast pump. This pumping log will help you maintain your goal of 20-30 ounces (600-900 ml) per day. If your milk supply decreases, you may contact a Lactation Consultant for further instructions.

Day __ (date: _____)												24 hr total	24 hr goal
Time of pumping													every 2-3 hours
Minutes pumping													more than 100 minutes
Minutes skin to skin													more than 60 minutes
Amount of milk													20-30 ounces (600-900 ml)
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