Breast Pumping Log

This form is for mothers who need to establish their milk supply with a breast pump. The pumping log will help you reach your goal of 25-30 ounces per day by day 14. You may only get drops of milk at each pumping the first few times. This is normal.

Day 1 (date:_____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												drops-1½ ounce
Day 2 (date:_____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 1
Day 3 (date:_____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 2
Day 4 (date:_____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 3
Day 5 (date:_____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 4
Day 6 (date:_____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than 18 ounces
Day 7 (date:_____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												60 more than 60 minutes
Amount of milk												more than day 6

Day 8 (date:_____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 7
Day 9 (date:_____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 8
Day 10 (date:_____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 9
Day 11 (date:_____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 10
Day 12 (date:_____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 11
Day 13 (date:_____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												more than day 12
Day 14 (date:_____)											24 hour total	24 hour goal
Time of pumping												every 2-3 hours
Minutes pumping												more than 100 minutes
Minutes of skin-to-skin												more than 60 minutes
Amount of milk												25 - 30 ounces

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TEXAS Department of State Health Services