

What's New Since You Last Pumped

What's New IN PUMPING FOR 2015



A Publication of  **Hygeia**[™]
Breast Pumps

Round II (or III, or IV...)

Maybe it's been months since you were last pregnant.

Maybe it's been years.

Either way, there's a good chance a lot has changed in the world of pumping since you last strapped on those flanges.

So what do second- (or third- or fourth-) time moms need to know about pumping today?

Here are six ways pumping has changed since your last pregnancy.

Speed Matters

(More Than Ever)

Remember when you had your first child? You could pump while your baby slept, or while your partner cared for her.

Now, add a toddler or school-kid to the equation, and you'll see why pumping quickly is more important than ever. What are the chances your older child will play quietly for half an hour while you pump? (Spoiler alert: Not even the slightest.) You need to get your milk out fast.

TIP TO REMEMBER: Check the power of any pump you're considering. Hospital-grade pumps (often listed as hospital-quality pumps) are more powerful than so-called personal pumps, and they may help you express milk in less time. Thankfully, there are many options to choose from in this growing category.

Take This Show on the Road

If there's one thing we've noticed, it's that with two or more children, you end up pumping in some pretty interesting places (in the car at a soccer match, in the bathroom at a ballet recital). Size matters, as you can expect to bring your pump with you more places than your first time around.

But wait, you're thinking. You said I needed a powerful pump. And those hospital-grade pumps are big and heavy.

Fear not! Since your last kid, powerful pumps have gotten smaller and easier to pack up and take along. In fact, some are small enough to store in an oversized purse or bag.

TIP TO REMEMBER: Be sure to check the dimensions of the pump you're choosing, along with the weight. Even if you plan to keep your pump at home or work most of the time, you'll appreciate having a smaller device that can still deliver the same pumping strength as those behemoths from years past.

Finally, find a pump that doesn't leave you connected to the wall. Some of today's powerful pumps have rechargeable battery packs that let you pump anywhere, no outlet needed.

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(You Won't Need Those to Pump)

If you haven't had a baby since the Affordable Care Act (federal healthcare reform) went into effect, this is probably the biggest surprise of all: The pump of your choice may be completely FREE.

Many healthcare plans now cover the entire cost of a breast pump, giving you a greater choice than ever before. So you can choose the pump that is right for you: powerful, portable, quiet - you name it.

TIP TO REMEMBER: Research pumps to figure out which one has the features you need. And remember: Although the pump is free, in many cases you'll still need to pay for spare and replacement parts, like valves, flanges, and tubes. Over the life of your pump, these costs can add up, not to mention the trips you'll have to take (with multiple kids in tow) to get them. Thankfully, several companies include these items for free, so it's worth asking what comes with the pump you're considering.

Along with spare pump parts, remember the other accessories you're likely to need: milk storage containers, a tote to carry your pump, and a cooler to keep expressed milk cool when you're on the go. A small handful of companies include these items for free, so it's worth doing a little research not only on the pump but on the entire package that comes with it.



Put That Milk on Ice

Remember all those milk storage options you had last time you pumped? Multiply that by 10. Today, you can express into a variety of containers, and either freeze or refrigerate your milk in many more.

TIP TO REMEMBER: Bags and bottles are still the two most common containers for fresh-milk expression.

When you're ready to store your milk, you can now choose from a wider range of options. You can use silicone ice trays that freeze milk into thin sticks, perfect for fitting into the narrow opening of a bottle. How about square molds that let you stack and store milk in a tight space. There are even whole freezer systems that help you make sure you're using the oldest milk first. And, of course, you can still use those handy milk storage bags.

Regardless of the approach you choose, there's a better chance you'll find a milk storage system that meets your needs this time around.

There's An App for That

If your smartphone isn't already attached to your hand, there's a good chance it will be once your baby arrives.

Today, there are dozens of apps to help you keep track of breastfeeding and pumping, measuring everything from which side you pumped to how much you expressed.

Apps such as *Milk Maid* automate phone reminders to pump, track your breast milk stash level, and remind you when milk needs to be used before it goes bad. Other apps like *Express Yourself Pumping* will play sounds of babies laughing and crying to help you let down while pumping. And *Mamava Lactation Station* app will even help you locate sanitary places to pump or breastfeed while you're on the road.

TIP TO REMEMBER: Our world is more wired than ever before, and you can use that to your advantage today. Download some apps that help make pumping easier for you.

Feelings...

So Many Feelings

Are you feeling some dread at the prospect of pumping again? For many moms, the excitement over a new baby doesn't translate into excitement about pumping this time around.

But even if you're starting to dread the gentle "whoosh" sound of the pump, there are things you can do to make pumping more enjoyable. Below we've recommended a few:

#1: The power of social media. Was Facebook around the last time you pumped? How about Instagram, Pinterest, Viber, and Kik?

Pumping can be a great time to connect with the outside world, something we all want to do a little more when a new baby arrives. Download some new apps, and consider your pumping sessions a time to connect. (As a bonus, just think of all the new places you'll have to post baby photos!)

#2: Designate a space. Maybe you remember this from the last time you pumped: Your pumping space should be an inviting place, because you're going to be spending a lot of time there. Find a space for pumping and make it your own. At home, that may be a corner of the bedroom or living room. At work, it may be... well, whatever place your employer has designated for pumping. But just because your pumping station is an old telephone booth (don't laugh, we know someone whose was) doesn't mean it has to be drab. Keep a photo album nearby with pictures of your children. Stick a scented sachet in your bag (lavender is peaceful). Also remember: if you choose a pump with a rechargeable battery, your pumping space doesn't have to be where the outlet is.

#3: Snacks. Whether you're home with multiple children or trying to fit pumping into a busy work day, consider it a break time to rehydrate and replenish. Your body needs to be hydrated to most efficiently create milk, so keep a water bottle in your pumping area. Granola bars, protein shakes, and trail mixes all make nutritious snacks that won't go bad sitting in a bag or on the table.

You've Got This.

Here's the thing: You've already done the hard work. You know how to parent. You know how to breastfeed. You know how to pump.

Baby number two (or three or four) benefits from all that knowledge.

Couple it with innovations that make pumping easier than ever, and you'll be back in the swing of things in no time at all.

Which is good. Because with more than one kid, you'll learn to adjust fast.

Happy pumping!

Hygeia is leading the way in breast pumps by giving moms more.

Find out why smart Moms love getting more from Hygeia.

- ◆ Customized settings for comfort
- ◆ Hospital-grade performing power
- ◆ Compact, portable size



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