

Some parents express or pump milk to make breastfeeding fit into their life.

helpful pumping tips:

- **At first you might not express much milk,** but you can save small amounts. With practice, you will be able to get more milk in less time.
- **Try to express milk as often as you would feed your baby.** If you skip a feeding or pumping session, your body will make less milk.
- **Get comfortable and try to relax.** Listen to music or look at a photo of your baby while pumping.



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