

Powerpumping; increasing your milk production

When mothers experience not having enough milk or decreasing milk production, this can be worth trying. It is best if you can pump 8 times throughout the day and night, and that one of those 8 can be Powerpumping. It can be smart to do this after sitting skin to skin with your child.

How to powerpump with double pumping:

- Pump for 20 minutes
- Rest in 10 minutes
- Pump for 10 minutes
- Rest in 10 minutes
- Pump for 10 minutes

There has not been any research on Powerpumping, but the effect is based on mothers experience. Powerpumping is supposed to imitate what the newborn child does; to breastfeed quite frequent periodically.

This can be worth trying if the mother has low milk production, or if it's decreasing. This can specially be smart for mothers who gives birth to extreme premature children, because it can be hard to have enough time to pump since they spend a lot of time with the child in Kangaroo care, and to keep the production up for several months.

So, how long are you suppose to Powerpump? If the production of milk is supposed to decrease you should to this for 3-4 days.

Many mothers think it's hard to find enough time to pump as much as they should. Regardless of whether they pump fewer times than recommended, it will be beneficial that they take a session with Powerpumping.