

EASY SCHEDULE
FOR BUILDING

A
BREASTMILK
FREEZER
STASH

OF OVER 100
OUNCES

@NURTURETALK

BEST FOR 3+
WEEKS
POSTPARTUM
(UNLESS HEALTHCARE
RECOMMENDED)

WEEK 1

TOOLS: HAAKAA

How: Use Haakaa to pump
milk from opposite breast
while breastfeeding

DURATION: AS LONG AS
DRIPPING

Timing: During the first
morning feed (after long
sleep)

TOTAL STASH @ END OF WEEK:
7-21 OUNCES

WEEK 2

TOOLS: HAAKAA AND
DOUBLE ELECTRIC PUMP

How: Use Haakaa + add 1
pumping session in-
between feeds

DURATION: AS LONG AS
DRIPPING / 10 MIN.

Timing:
1. Use Haakaa during the
first morning feed (after
long sleep)
2. Use electric pump 45
min. after 2nd morning feed

TOTAL STASH @ END OF WEEK:
32-77 OUNCES

WEEK 3

TOOLS: HAAKAA AND
DOUBLE ELECTRIC PUMP

How: Use Haakaa + add 2
pumping sessions in-
between feeds

DURATION: AS LONG AS
DRIPPING / 10 MIN.

Timing:

1. Use Haakaa during the
first morning feed (after
long sleep)
2. Use electric pump 45
min. after 2nd morning
feed + 45 min. after 3pm
feed (before cluster
feeding starts)

TOTAL STASH @ END OF WEEK:
56-100+ OUNCES

WEEK 4

TOOLS: HAAKAA AND
DOUBLE ELECTRIC PUMP

How: Use Haakaa + add 3
pumping sessions

DURATION: AS LONG AS
DRIPPING / 10 MIN.

Timing:

1. Use Haakaa during the
first morning feed (after
long sleep)
2. Use electric pump 45 min.
after 2nd morning feed + 45
min. after 3pm + 45 min.
after a late-night feed

TOTAL STASH @ END OF WEEK:
84-100+ OUNCES

WEEK 5

MAINTENANCE

How: Use Haakaa when
convenient + electric
pump when away from
baby for 4+ hours or when
missing a breastfeeding

DURATION: AS LONG AS
DRIPPING / 10 -15 MIN.

Timing: Use electric
breastpump to pump
opposite breast during 1st
breastfeeding of the day
(after the longest sleep
period, or right before
leaving baby).

TOTAL STASH @ END OF WEEK:
7-21 OUNCES