

Exclusive Pumping Needs & Schedule Guide

This printable guide is designed to support parents who are exclusively pumping. It provides a realistic framework for pumping frequency, baby feeding needs, and self-care reminders. This is a guide—not a rulebook.

Newborn Pumping Needs (0–8 Weeks)

- 1 8–10 pumping sessions per 24 hours
- 2 Pump every 2–3 hours, including overnight
- 3 Consistency matters more than exact timing

Baby Feeding Needs (Newborn)

- 1 8–12 feeds per day
- 2 Small, frequent feeds are normal
- 3 Cluster feeding is expected

Pumping Needs (2–4 Months)

- 1 6–8 pumping sessions per day
- 2 Gradual schedule adjustments only
- 3 Protect rest when possible

Pumping Needs (4–6 Months)

- 1 5–7 pumping sessions per day (varies by parent)
- 2 Focus on output consistency
- 3 Mental health and sustainability matter

Milk Supply Support Checklist

- 1 Eat enough calories
- 2 Prioritize protein
- 3 Hydrate consistently
- 4 Rest whenever possible

MamaMacros Reminder: Feeding your baby should never come at the expense of your health.