

### Which stage?

#### Initiate

Days 1–7

In the first days after birth, milk production is activated. This is also known as “milk coming in”.

#### Build

Days 8–30

A mother’s milk supply will normally increase throughout the first month after birth<sup>1</sup>.

#### Maintain

Months 2–6

During established lactation, the daily milk intake of an infant remains consistent from age 1 to 6 months<sup>2</sup>.

### Which mother?

#### Breastfeeding on track

- I Mother has no problems with initiation
- I Infant effectively feeds at the breast



**Infant sucking behaviour during early breastfeeding helps initiate the mother’s milk supply.**

Infant breastfeeds effectively within the first hour after birth and continues breastfeeding every 2–3 hours ensuring a minimum of 8 feeds in 24 hours.

Milk supply is generally initiated between days 2–5<sup>3</sup>. Nearly all mothers have initiated lactation by day 7<sup>4</sup>.



**Mother and infant familiarise themselves to their breastfeeding relationship and work together to build milk supply.**

If mother and infant are separated for short periods during this important stage of building supply, a personal use pump can help.



**Together mother and infant maintain milk supply.**

When mothers have established a good milk supply and choose to breastfeed and express milk, it is still important to effectively maintain milk production<sup>5</sup>.

Choosing the right pump depends on how many breastfeeds are being replaced each day with expressing<sup>6</sup>. The pump’s effectiveness, efficiency, comfort and convenience become more important with increasing pump dependency<sup>5</sup>.

#### Initiation help

- I Mother or infant breastfeeding challenges
- I Mother needs help initiating milk supply



**Use of a Symphony breast pump with Initiation technology can help initiate milk supply<sup>7</sup>.**

Infant did not feed effectively within 6 hours of birth or fed less than 8 times daily.

A Symphony breast pump with Initiation technology can be used to complement the infant’s feeds at the breast in order to initiate milk supply.



**Use of a Symphony breast pump can help build milk supply<sup>5,7</sup>.**

The infant becomes more effective at breastfeeding over the first month helping to build milk supply.

Continued pumping using a Symphony breast pump with 2-Phase Expression technology can help mothers achieve the full benefit of having started with Initiation technology<sup>5</sup>.



Mothers can use manual (Harmony) or single electric pumps (Swing) for brief separations. Double electric pumps (Swing maxi or Freestyle) can be used for longer separations<sup>5</sup>.

#### Pump dependent

- I Health issues separate mother and infant
- I Infant is unable to breastfeed



**Use of a Symphony breast pump with Initiation technology can help initiate milk supply<sup>7</sup>.**

The first pumping session should occur ideally within one hour after birth<sup>8</sup>; at the latest within 6 hours and continue every 2–3 hours<sup>9</sup>.

Using initiation technology, mothers can achieve 67 % more milk by day 7 compared to using 2-Phase Expression technology alone<sup>7</sup>.



**Use of a Symphony breast pump can help build milk supply<sup>5,7</sup>.**

After initiation occurs, the pump dependent mother should continue to express every 2–3 hours to build her milk supply.

Continued expression using a Symphony breast pump with 2-Phase Expression technology can help mothers achieve the full benefit of having started with Initiation technology<sup>5</sup>.



**Use of a Symphony breast pump can help maintain milk supply<sup>5,7</sup>.**

Supply has been established and meets the needs of the infant. The pump dependent mother should continue to express frequently to maintain her milk supply.

Using a Symphony breast pump with 2-Phase Expression technology can help the mother continue to provide breast milk and maintain production.

#### Success milestones

- I Infant has 3 or more yellow stools in 24 hours after day 4<sup>10</sup>.
- I 3 consecutive pumping sessions, achieving ≥20ml each<sup>7</sup>.

#### Success milestones

- I Infant has regained birth weight at the latest by days 10–14<sup>11</sup>.
- I Typically mothers produce a daily average of around 750 ml by 2–4 weeks<sup>12</sup>.

#### Success milestones

- I Infant demonstrates consistent weight gain according to WHO growth standards.
- I The established milk supply is maintained to meet the needs of the infant.

#### The WHO and UNICEF recommend

- I Initiation of breastfeeding within the first hour after the birth
- I Exclusive breastfeeding for the first six months
- I Continued breastfeeding for two years or more



**Breastfeeding**  
Breastfeeding is best for infant and mother when possible.



**Initiation technology**  
Is intended for use by pump-dependent mothers until secretory activation has occurred (pumping 20 ml or more in total in each of three consecutive pumping sessions OR for a maximum of 5 days)<sup>7</sup>.



**Hospital grade breast pump**  
Symphony, a multiple-user double electric pump with Initiation technology.



**2-Phase Expression technology**  
When using maximum comfort vacuum, 2-Phase Expression technology helps mothers pump efficiently and build and/or maintain milk supply<sup>13</sup>.



**Personal use pumps**  
Can be manual, single electric or double electric to suit different needs.



**Double pumping**  
When using 2-Phase Expression technology, double pumping expresses up to 18 % more milk with higher energy content compared to single pumping<sup>14</sup>.

#### References

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