



# Benefits of Pumping

1.

Allows mother or birth giver to increase/maintain milk supply.

2.

Prepares mother or birth giver to go back to work while still allowing the baby to feed on breastmilk.

3.

Helps with recovering from breastfeeding challenges such as sore nipples or engorgement

4.

Allows mother or birth giver to store milk for emergency days.

5.

Allows a mother to still feed the baby breastmilk when baby does not latch successfully.