

Buying a Breast Pump

Whether you're a breastfeeding mum returning to work, or a stay-at-home mum who wants to leave baby with a sitter from time to time, a breast pump may be something you need. Before you buy or rent, find out what types of breast pumps are available and which breast pump is best for you.

Do You Really Need A Breast Pump?

Not all breastfeeding moms need a breast pump! My sister-in-law has nursed two kids into toddlerhood without a breast pump. I have used several different breast pumps. If you won't need to pump breast milk regularly and you have a good milk supply, you may want to learn how to hand-express milk.

How and Where Will You Use It?

If you are returning to work and pumping breast milk every day, or pumping exclusively, you need a more powerful breast pump than someone who only pumps breast milk on one side while nursing on the other. Will you have time to pump one breast at a time, or do you need a double breast pump? Also consider whether you will have access to electricity when you are pumping. If not, you may need a manual or battery breast pump. If you travel a lot, your breast pump should be light and portable.

Manual Pumps

A manual breast pump is a cheap, portable option for those who pump up to one time per day. Manual breast pumps can be tiring to use, though, and may not be effective enough for those who pump several times per day. Manual breast pumps are reliable, though, since they have no mechanical parts to break down. Avoid bicycle-horn style manual pumps. Though cheap, they can damage breast tissue and harbour bacteria in the rubber suction bulb, which is difficult to clean.

Battery-Powered Pumps

While battery-powered breast pumps may still be available, they are not as popular as manual and electric breast pumps, and are not often recommended by lactation consultants or doctors. Battery pumps tend to cycle much slower than a baby's sucking pattern and are much less powerful than a baby's suck, and therefore may cause a drop in milk supply if used daily for expressing milk. Also battery only breast pumps are easily portable, but they require frequent battery replacements and may break down a lot.

Electric Pumps

Electric breast pumps are the choice for mothers returning to work full-time or pumping exclusively. These breast pumps most closely imitate a baby's sucking pattern, which helps maintain milk supply. Popular accessories include car AC adapters, spare bottles etc. The downside to electric pumps is price. You can expect to spend \$200-\$300 to buy a good electric breast pump.

Rent or Buy?

Breast pump rental is a nice option for working mothers who only intend to breastfeed short-term. Powerful, hospital-grade rental breast pumps are also good for new mothers who are pumping to establish a milk supply, such as moms of NICU babies. BabySafe offer single breast pump rentals for \$25 per month, or double breast pump rentals for \$35 per month, and renting offers a chance to see that breastfeeding will work before committing to a large

purchase, and may help those who cannot shell out \$200 or more at one time to buy a breast pump.

BabySafe offers arrange of breast pumps for sale or hire. Please contact us to discuss your unique nursing requirements.