

SAMPLE PUMP SCHEDULE

WAKE UP	Nurse baby or pump
PLACE OF CAREGIVER	Nurse baby or pump before leaving home
MID MORNING	Pump
LUNCH BREAK	Pump (or nurse baby if possible)
MID AFTERNOON	Pump
PLACE OF CAREGIVER	Nurse baby or pump before leaving for home
AT HOME	Nurse baby or pump as needed
BABY'S BEDTIME	Nurse baby or pump