**\*\*GOAL- PUMP 8-10 TIMES PER DAY.**

**\*\*24 hour milk volume goal at 1 week = 500 ml (16-17 oz).**

**Please ask for lactation support if not reaching 500 ml by 1 week.**

**Suggested Websites http://newborns.stanford.edu/Breastfeeding/MaxProduction.html**

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| **Pumped**  **Date**    **Time** | **Amount # \_\_ml Colostrum**  **Breast milk**  **per pumping session** | **24 hour Milk**  **Volume (ml)**  **Total # of**  **Pumping Sessions** | **Any Concerns regarding**  **Lactation ask you Nurse or call 813 844-7613** |
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