1. Which Mom?

- **Successful Breastfeeding**
  - Mom has no problems with initiation
  - Infant gets to breast ideally within first hour

2. Which Stage?

- **Initiate**
  - Breastmilk Production
    - Days 1–7
  - Use of a Symphony pump with Initiation Technology can help initiate milk supply

- **Build**
  - Breastmilk Supply
    - Days 8–30
  - If mom and baby are separated during this time, the use of a Personal Use Pump can help build supply

- **Maintain**
  - Breastmilk Supply
    - Months 2–12
  - Use of a Personal Use Pump can help maintain milk supply, especially when mom goes back to work

- **Pump Dependent**
  - Health issues separate mom and baby
  - Infant is unable to breastfeed

- **Initiation Help**
  - Mom or baby breastfeeding challenges
  - Mom needs help initiating milk supply

- **Pump Use**
  - Personal Use Pump
    - Pump in Style Advanced or Freestyle® (not pictured)
  - Hospital Grade Pump
    - Symphony® with Initiation Technology™

- **Success Milestones**
  - Baby has 3 or more yellow stools in 24 hours after day 4
  - 3 consecutive pumping sessions, achieving 20 mL each
  - Baby has regained birth weight at the latest by days 10-14
  - Typically moms produce around an average of 750 mL by day 14
  - Baby demonstrates consistent weight gain according to WHO breastfeeding growth charts

For more information on Medela hospital grade and personal use pumps, please visit medelabreastfeedingus.com or call 800-435-8316.