

Breastfeeding 6:00 am Pump 6:30 am BF + 1oz FF9:00 am Pump 9:00 am BF + 1oz FF12:00 pm Pump 12:30 pm BM Bottle 3:00 pm Pump 3:00 pm BF + 1oz FF6:00 pm Pump 6:30 pm **BM** Bottle 9:00 pm Pump 9:00 pm BM Bottle or FF 12:00 am Pump 12:00 am FF 3:00 am BF= Breastfeeding BM= Breast Milk

FF= Formula Feeding

<sup>\*</sup>Applies with daily milk storage for one session or more. This is an example from my experience.

Always consult with a doctor.