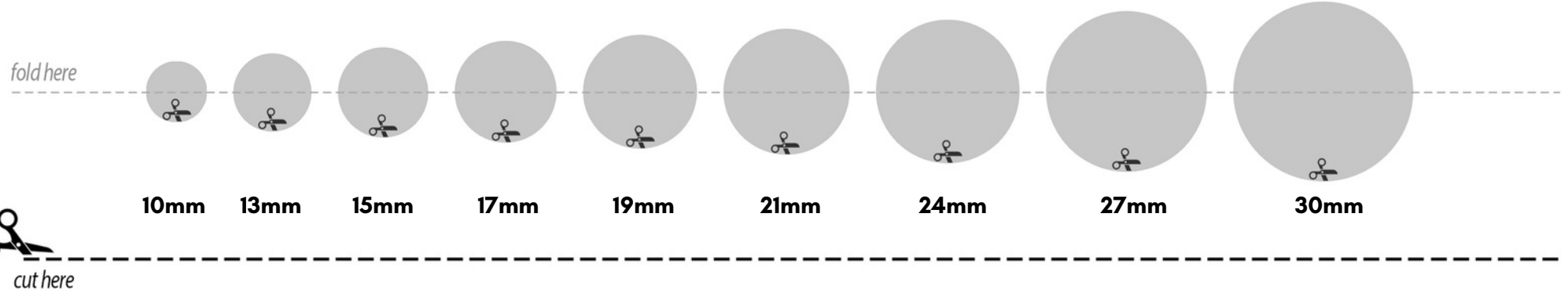


# PUMPING ISN'T SUPPOSED TO HURT



1. Fold the ruler along the fold line to easily cut the circles
2. Carefully cut, then unfold the ruler.
3. Open the page back up and then place each hole around your nipple.
4. Select the hole that fits your nipple most snugly, without any areola present

**IMPORTANT!** To ensure accurate measurements, make sure to print on LETTER SIZE paper and print to scale: Full Size (100%)

It is best to measure pre-pumping, as pumping with larger flanges can cause swelling and make for an inaccurate measurement.



To check printing accuracy, place a US quarter right here to match the size.



**FOR FLANGE INSERTS:  
ADD 1-2MM TO YOUR RESULT.**



**FOR PLASTIC FLANGES:  
ADD 0-1MM TO YOUR RESULT.**

**Reminder: This is not a "one size fits all" determination. Use what feels the most comfortable to you! These are general guidelines. Using lubrication can help with comfort, but pumping should never hurt. Always check flange size first thing when pain occurs. Second is vacuum level! May be too high.**

**Breastfeeding is not all or nothing.  
Pumping is still breastfeeding!**



www.teachingmotherhood.com  
instagram- @teachingmotherhood  
Don't hesitate to ask for help if you need it!