

# DROPPING PUMPS

JUST-ENOUGHER

## schedule sample

### 10 PPD AT 15 MINS

6:30 - 6:45 am  
8:45 - 9:00 am  
10:45 - 11:00 am  
12:45 - 1:00 pm  
2:45 - 3:00 pm  
4:45 - 5:00 pm  
6:45 - 7:00 pm  
8:45 - 9:00 pm  
10:45 - 11:00 pm  
3:00 - 3:15 am

### 9 PPD AT 19 MINS

6:30 - 6:49 am  
8:45 - 9:04 am  
11:00 - 11:19 am  
1:15 - 1:34 pm  
3:30 - 3:49 pm  
5:45 - 6:04 pm  
8:00 - 8:19 pm  
10:30 - 10:49 pm  
3:00 - 3:19am

### 8 PPD AT 23 MINS

6:30 - 6:53 am  
9:30 - 9:53 am  
12:00 - 12:23 pm  
2:30 - 2:53 pm  
5:00 - 5:23 pm  
7:30 - 7:53 pm  
10:15 - 10:38 pm  
3:00 - 3:23 am

### 7 PPD AT 27 MINS

7:00 - 7:27 am  
10:00 - 10:27 am  
1:00 - 1:27 pm  
4:00 - 4:27 pm  
7:00 - 7:27 pm  
10:00 - 10:27 pm  
3:15 - 3:42 am

### 6 PPD AT 32 MINS

8:00 - 8:32 am  
11:00 - 11:32 am  
3:00 - 3:32 pm  
6:00 - 6:32 pm  
10:00 - 10:32 pm  
3:30 - 4:02 am OR  
4:00 - 4:32 am  
(TRAIN YOUR BREASTS)

### 5 PPD AT 37 MINS

9:00 - 9:37 am  
1:30 - 2:07 pm  
6:00 - 6:37 pm  
10:00 - 10:37 pm  
4:30 - 5:07 am OR  
5:00 - 5:37 am  
(TRAIN YOUR BREASTS)

### 4 PPD AT 45 MINS

11:00 - 11:45 am  
5:00 - 5:45 pm  
9:30 - 10:15 pm  
5:00 - 5:45 am

## GUIDE

\*Divide mins from dropped pump to remaining pumps

\*Watch your letdowns and add minutes accordingly

\*Wait 3-4 weeks before dropping pumps

\*Train your breast\* is a technique i developed to reduce leaking into your pump pads. Go a bit longer between your last pump of the evening and MOTN, and you will waste less milk. It's fooling your storage capacity.

\*As a just-enoughener you may start to become an undersupplier at 4 PPD, so 3 PPD or less may trigger weaning

\*Power pump 2 to 5 times weekly to maintain if possible.

EXCLUSIVE  
PUMPING  
INSTITUTE