

Tips For Buying A Breastpump You'll Love



Did you know that the very first hand-operated breast pump was created in the year 1854? Even so, it was not until 1981 that an electrical breast pump was designed. At-home breast pumps were introduced a decade later by Swiss manufacturer Medela, and since then several other companies have created an array of manual and electric breast pumps.

Many mums, both new and experienced, have common complaints about breast pumps, but there is a breast pump to suit you out there. At **Peachymama**, we want to help you choose the right one, which is why we have compiled these quick tips for finding “the one”.

Choosing The Right “Type” For Your Lifestyle

Breast pumps come in two types: electric or battery powered; or manual.

Electric breast pumps are known as “hospital grade” pumps. These are ideal for mums who are having trouble breastfeeding. Mums who pump more than once a day will appreciate having an electric pump. However for those who pump once a day or less, a manual pump may be sufficient, as long as you do not have any hand or wrist issues.



Choosing The Right Size Flange or Breastshield

Breast pumps will typically come with a 24mm size flange or breastshield, though that shield may not be the right size for you. If you suspect you may need a different size, ask yourself:

- Is your nipple rubbing the sides of the tunnel?
- Is pumping uncomfortable?
- Are you left with unexpressed milk after pumping?

Call the Australian Breastfeeding Association (ABA) or speak with your doctor if you have any concerns about the breastshield and how it may be affecting your breastfeeding experience.

Whether it is a 21mm or a 36mm flange you feel the most comfortable using, at Peachymama, we are able to accommodate you in finding the breastfeeding/expressing clothing that suits you best. No matter where you are, you will be able to pump and breastfeed comfortably while maintaining your privacy.

We have fantastic end of summer clothes on our virtual racks right now, such as our boho-chic **Blue Moroccan** breastfeeding top. See the range [here](#).