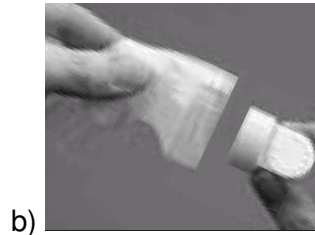
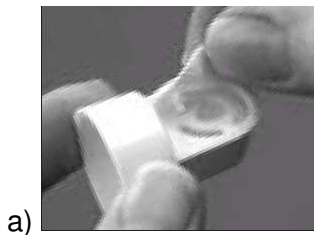


1. Please read the user/instruction manual, which is included in the box.
2. When assembling the parts, snap white membrane button into small the opening on the yellow valve (as shown in (a) below) until membrane lies completely flat on valve. Otherwise, it will affect the suction strength. Please ensure that both parts are completely dry before assembly. Push the yellow valve securely into inner ring of the pump body (as shown in (b) below). **DO NOT** fix the valve too tight (you may have a problem to take it out if you do so) but it shouldn't be loose either as it could cause your milk to backflow (flow into the tubing). Make sure the valve head (yellow part with white membrane) faces outwards or sideways and NOT facing you as it will affect the suction strength a bit (a tip given to me by the supplier).



3. You may encourage let-down by doing this when starting to pump:
  - Increase the cycle speed to 4 or 5 AND minimize the suction strength (min to max function). When you have a let-down, increase the suction strength and lower the cycle speed. I call this the stimulation phase. Works for me every time!
4. Make sure you work with a cycle speed and suction level that is most comfortable for you and a rhythm that is similar to your baby (remember, all babies are different. What works for me may not work for you!)
5. When storing the parts of the pump, make sure the adapter wire is **not** rolled around the adapter (the way people normally do to their h/phone adapters). Store it like the way it was when you first got it by using either a tie or a rubber band.
6. When cleaning the parts: Funnel & valve with membrane; make sure you dry them with a clean towel or air dry. Please use a cotton bud to dry the little hole at the funnel (where you attach the tubing) – keep a few in the bag. This is to avoid water droplets from being sucked into the pump motor through the tubes. You do not need to wash the tubes unless milk gets into it (highly unlikely). However, if this happens, run water through the tubes. To dry it, wring it several times.

If you follow the above tips and take care of your pump, I am sure it will serve you well and truly become your little helper. Should any of you lose/damage the parts, it is available and sold separately (please refer to the replacement parts section at [www.momslittleones.com](http://www.momslittleones.com) . So, no worries...

**Some ways to encourage let-down when expressing:**

1. Drink a glass of water before starting to express using the pump.
2. Massage your breast with a rotation motion and bend down a bit (to let gravity play a role) while doing it. This will encourage let down reflex.
3. Relax, take deep breaths a few minutes before you pump and also while pumping.
4. Visualize your baby in your mind. If possible, prop a picture of your baby in front of you. Look at it and remember/imagine what it feels like to have him/her at your breast. If practical, have an audio tape of your baby's cry (it really can do wonders! - most mobile phones and PDA's have a recording feature (just to share))
5. Make yourself as comfortable as possible. Most importantly, RELAX!

**REMEMBER THAT IT TAKES TIME AND PRACTICE TO MASTER THE ART OF BREASTFEEDING.**

If you don't get the amount of milk you'd like at first, keep it up! The more you do it, the more efficient you'll become, and the more milk you will yield. The most important thing of all is to establish and enhance your milk supply. The pump is an additional tool to help you but the most important stimulator is still your baby!

If you have any questions/comments at all, I would be more than happy to hear from you.

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