

Keira Knightley Gets Real About Pumping Struggles



by Korin Miller

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The mother of two opened up about her breastfeeding schedule in a recent interview, saying her "boobs will explode" if she doesn't pump.

Keira Knightley welcomed daughter Delilah seven weeks ago, her second child with husband James Righton. And like many new moms, the actress is working on establishing her pumping schedule for times when she's away from her baby.

While Knightley is taking a six-month maternity leave, she recently attended the premier of her upcoming movie *Official Secrets* — meaning pumping in advance was a must for the event.

"We're going to be apart for six hours in total, so I pumped three feeds' worth," she said in a recent interview with [The Telegraph](#).

“If I don’t do it, my boobs will explode,” Knightley joked. “I mean, quite literally. It’s going everywhere. So, you know, that’s not happening. The pump is with me. It’s fine.”

Knightley also opened up about her breastfeeding routine and [storage solutions](#).

“I’ve got to get back before 6:30 because that’s the feed. It’s going to be fine, we’re going to make it,” she said. “There is a bit of extra milk, which I’d love not to use, because it’s in the freezer and that can be tricky, but it is there.”

How can moms develop a pumping routine?

For new moms who are breastfeeding, Knightley’s comments will be so relatable — [establishing a pumping schedule](#) and building a freezer stash can be tricky, especially in the first few months of baby’s life.

Being away from your baby during normal feed times can require a little mental math on your end, but there really is no one right way to approach pumping, says Leigh Anne O’Connor, a board-certified lactation consultant and La Leche League leader.

“Pumping can be as individual as breastfeeding,” she says.

Moms trying to build up their milk supply might aim to pump in between nursing sessions with baby, for example. If you’re pumping at work or on the go, experts recommend pumping on the

same schedule as baby's feedings, usually every three to four hours. Setting up calendar or phone alarms can be helpful to make sure you get into a regular routine.

It's usually best to think about when your last feeding was, and try to pump every few hours afterward, says Joan Younger Meek, M.D., a professor of clinical sciences at Florida State University College of Medicine. If you're a little off on your timing, that's okay — just do your best to try to stick to your schedule to keep your milk supply up.

How can moms find the breast pump that's best for them?

Purchasing a [breast pump](#) that you feel comfortable using is a great place to start, O'Connor says. "There are so many pumps on the market and different people respond differently," she says.

Some pumps require a plug, while others are manual or battery operated. Wireless breast pumps that can be worn under your clothes are also becoming increasingly popular. Ultimately, the best breast pump for you is whatever works best with your schedule and lifestyle (here are a few of [our favorite pumps](#)).

If you find yourself on the go without baby often, O'Connor says it's a good idea take your pump with you and invest in a car adapter, just in case you end up being out later than you thought. Some breast pumps are also compatible with battery adaptors so you can use them when you're not near an electrical outlet, Dr. Meek notes.

If you're nervous about forgetting your pump every time you leave the house without your baby, Dr. Meek says it can be helpful to carry a small hand pump that doesn't require electricity in your bag (or leave it in your car). You can also hand-express milk if you end up being somewhere without your pump.



Written by Korin Miller

Korin Miller is a freelance writer specializing in general wellness, parenting, women's health and lifestyle trends, with work appearing in Prevention, Women's Health, Self, Glamour and more. She has a master's degree from American University, lives by the beach with her three kids and husband and hopes to own a pig one day.