

BREASTFEEDING WORKS WHEN YOU WORK ... BUT HOW?

CREATE A BREASTFEEDING PLAN

- Talk to your employer about breastfeeding; develop a plan and discuss it with him or her while still on maternity leave. Review the plan about a week before you return to work with your boss and co-workers who may need to cover your job responsibilities while you pump.
- **Where will you be able to pump?** Hopefully your employer can help you find a clean, private location, other than a bathroom, with access to electricity if you need it. Don't be afraid to ask! There are laws that protect your right to pump milk at work.
- **When will you be able to take breaks to pump?** It only takes about 15-20 minutes to pump with a good electric breast pump. Negotiate for your break time to be somewhat flexible so that you are not going too long between breastfeeding or pumping. Many women become efficient in combining their lunch breaks with pumping or feeding if baby can be nearby.
- For those who cannot pump frequently at work, they feed their baby more often while at home, allowing time for their milk supply to adjust during the working hours.
- Select a caregiver for your baby who is supportive of breastfeeding.
- Breastfeed the baby just before you leave for work and then again as soon as you return home from work. Ask your caregiver not to give the baby a bottle just before you are expected home from work.
- Purchase or rent a pump that is suitable for your pumping needs. Your medical insurance may cover all or part of the cost of a breast pump. A lactation



specialist can help you choose the right type of pump and can help you come up with creative ways to maintain breastfeeding if your employer is not supportive.

- Start using your pump once a day about four weeks before you return to work so that you can become familiar with your pump and store some milk for your first week back to work. Pumping before breastfeeding in the morning can take advantage of the increase in milk supply that many mothers notice in the morning.

HAND EXPRESSION IS EASY TO LEARN AND CAN BE QUITE CONVENIENT FOR SOME WOMEN

- It can be especially helpful if you are having difficulty with engorgement, latch or using a breast pump.
- Brings milk to the surface of the nipple and entices baby to latch wider.
- Hand massage stimulates milk glands to release milk, helping the milk flow easier.
- Added stimulation can help increase your milk supply and empties milk glands.
- Some moms experience difficulty and discomfort with mechanical pumps.

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- Skin-to-skin contact is more stimulating, hormonally and physically, than the feel of a plastic shield, so manual expression may be easier for some women.
- It is ecologically friendly, portable and free.

TIPS FOR WORKING AND BREASTFEEDING

- Wait until about 4-5 weeks to introduce a bottle; this helps to establish a full milk supply. Select a slow-flow newborn nipple with a wide base to simulate a wide latch.
- Have someone else introduce the bottle. Babies associate breastfeeding with their mom and may refuse to take a bottle from you at first.
- Return to work midweek, this will make your transition a little easier.
- Try to pump at work every three hours. If you cannot pump this much at work, make up for it by breastfeeding more frequently at home.

- Every time your breasts feel full, your milk supply slows down. The more times each day you drain your breasts (by breastfeeding or pumping), the more milk you will make. Try to avoid going too long (more than 4-5 hours) without breastfeeding or pumping.
- Freeze milk in 2-5 ounce portions. Small amounts will thaw more quickly, and you will waste less milk this way. Always warm breast milk in a cup or bowl of warm tap water. **DO NOT** ever use a microwave!
- Follow milk storage guidelines (see chart below).
- Build up your supply with exclusively breastfeeding over the weekend. If working seems to affect your milk supply, call your breastfeeding consultant for help at **815-599-6244** or email **breastfeedingsupport@fhn.org** The earlier you get help, the better.

Human Milk Storage Guidelines

STORAGE LOCATIONS AND TEMPERATURES			
TYPE OF BREAST MILK	Countertop 77° F (25°C) or colder	Refrigerator 40°F (4°C)	Freezer 0°F (-18° C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best <i>(up to 12 months is acceptable)</i>
Thawed, Previously Frozen	1-2 Hours	24 Hours	NEVER refreeze human milk after it has been thawed
Leftover from a Feeding	If baby does not finish a bottle, use remaining milk within 2 hours of the feeding		

These guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your health care provider.

Find more breastfeeding resources at: WICBreastfeeding.fns.usda.gov & www.cdc.gov/breastfeeding or contact FHN Memorial Hospital OB Department at 815-599-6221.

