

E Nurture

A newsletter for breastfeeding mothers
by Barbara Berges, BS, RN, IBCLC, Lactation Consultant

Returning to Work/School and Breastfeeding

You can continue to breastfeed your baby when you return to work/school. Here are some steps you can follow to make it easier for you:

- ♥ Arrange for child care even before the baby is born.
- ♥ Consider ways to extend the time you are able to stay home with your baby:
 - combine vacation time with maternity leave
 - return part-time for a few weeks, etc.

Try to forget about work/school until two to three weeks before it is time to start back. Use this time to concentrate on your baby and becoming a family. Develop your milk supply and nursing relationship by breastfeeding exclusively and on demand.

Two weeks before you return to work/school (or when your baby is four to six weeks old):

- ♥ Begin to pump or hand express, and start to build a freezer supply of milk.
- ♥ Pump into bottles or plastic bottle-liners. Store in two to three ounce amounts. Label the milk with the date it was pumped. Breast milk is good for at least 72 hours in the refrigerator and three to six months in the freezer. To thaw, hold the container of milk under hot, running tap water or place in a pan of very warm water for a few minutes.
- ♥ Have someone give the baby a bottle once a day, or once every other day.
- ♥ Introduce the baby to the caregiver so that she will be more familiar and comfortable with this person when you leave. Discuss your care and feeding plans with this person. Be sure they know how to store and warm your milk.
- ♥ Plan your routine and timetable for your work day - Breastfeed in the morning; drive to the babysitter; pump two to three times at work on breaks or at lunch; breastfeed on your return.
- ♥ Plan what to wear - two piece outfits make it easier to pump and feed. Light colored patterns will hide any leaking that may happen in the first days at work.

Family Birth Place at
Park Ridge Hospital

 Unity Health System
www.unityhealth.org



When you get back to work/school:

- ♥ Arrange for a place to pump where you can have privacy for 20-25 minutes - empty office, conference room, store room, nurse's room, etc.
- ♥ Store milk in a refrigerator or in a cooler bag with an ice pack until you get home.
- ♥ During evening and weekends, breastfeed exclusively and on demand to maintain and increase your milk supply as the baby grows.
- ♥ Accept and encourage any offers of help with housework, meals, laundry, etc. Prioritize your activities. Remember the baby is small and needs you in this special way for only a very short time.

For help with breastfeeding while at work or school, or any other questions, please call the lactation consultants at The Family Birth Place at Park Ridge Hospital.

Breastfeeding Helpline
(585) 368-4033