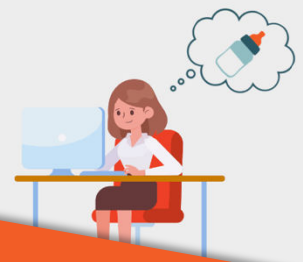


Working and Breastfeeding



Q: What should I think about before I go back to

A: Think about your breastfeeding goals and create a plan that best supports these goals. Choices include:

- Breastfeed: This could mean going to your baby for feedings or having your baby brought to you. Some mothers keep their babies with them at work or use reverse cycle nursing. This means breastfeeding often at home and working during their baby's longest sleep stretch.
- Express milk for all missed feedings.
- Leave both pumped milk and formula for missed feedings.
- Leave formula for missed feedings and breastfeed when together.

Q: What do I need at work to pump and store my milk?

A: First, find a place where you can relax and have some privacy. Ask if your workplace has a lactation room. If not, ask about a private office, empty conference room, storage room or lounge. There are laws protecting working mothers' right to express milk. Most insurance companies will cover the cost of a pump. Avoid used or borrowed pumps, which may be worn out and unsafe to share.

PLAN AHEAD FOR PUMPING AT WORK

- Find a place to wash your hands before pumping.
- If double-pumping, allow about 20 minutes, 10-15 min. to pump and 5 min. to wash and rinse your pump parts.
- To cut down on clean-up time, buy extra pump parts. With enough sets, you can wash them all at home.

Q: How many times should you pump at work?

A: Divide the number of hours you're away from baby (include travel) by three. Some mothers do fine with fewer. Try to breastfeed close to when you leave for work and when you return home if you want to minimize the number of times needed to pump.

PLAN AHEAD FOR MILK STORAGE

- If your milk is stored in a room that's 66-72°F (19-22°C), it can stay uncooled for 6-10 hours.
- To cool your milk use an insulated pump cooler case, cooler bag, or refrigerator.



Working and Breastfeeding



Q: Should I pump and store milk before I return to work?

A: Most mothers do. But keep in mind that once you're at work, the milk you pump one day can be left for your baby the next day. If you start pumping once a day about 3-4 weeks before going to work, you have time to practice with your pump and store a good reserve of milk.

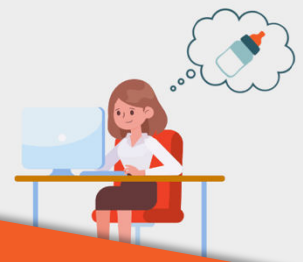
Q: How much milk should I leave for my baby?

A: For the average amount of milk needed at a feeding, see the chart below:

AVERAGE FEEDING		
BABY'S AGE	AVERAGE INTAKE PER FEEDING	AVERAGE INTAKE PER 24 HOURS
1 week (after day 4)	1 – 2oz (30 – 60mL)	10 – 20oz (300 – 600mL)
1 – 3 Weeks	2 – 3oz (60 – 90mL)	15 – 25oz (450 – 750mL)
1 – 6 Months	3 – 5oz (90 – 150mL)	22 – 35oz (750 – 1050mL)

- Starting at about five weeks, most babies take a maximum of 25-35 oz. per day. After that, daily milk intake stays stable for six months.
- After six months, when solid foods are added, milk intake goes down.
- Don't be surprised if your baby takes more milk from the bottle than you pump at a session. The more consistent flow of the bottle may cause babies to take more milk than needed.
- A slow-flow nipple with paced bottle feeding can help prevent overfeeding.
- If you're apart for 8-12 hours, most babies take about 10-15 oz. This is one-third to one-half of the baby's daily intake. If baby takes more, try to out why.





Q: Once I'm back at work, how do I keep my milk production steady?

A: BEFORE YOU RETURN TO WORK-

- Spend your time establishing breastfeeding. This sets your milk production at "ample."
- Wait until you're back at work to worry about schedules.
- Count the number of times you breastfeed every day. This is your "magic number." Try to keep this daily number (breastfeeding plus pumping) steady after you're back at work.

AFTER YOU RETURN TO WORK-

- Remember: **Drained breasts make milk faster. Full breasts make milk slower.** Every time your breasts feel full, this slows your milk production. The more times each day you drain your breasts well, the more milk you make. Don't go more than 8 hours, even at night, without breastfeeding or pumping.
- **Breastfeed often. Every breastfeeding reduces the amount of expressed milk needed.** From one to six months, the amount of milk your baby needs each 24-hour day stays steady. So, if you breastfeed less when you're together, this increases baby's need for expressed milk when apart. In the morning, if you can, breastfeed once when you wake up and again just before you leave the baby. Breastfeed as soon as reunited after work. If the baby seems hungry just before you arrive, suggest giving as little milk as possible.
- Pump as often as you can at work. If needed, when home you can also pump after breastfeeding. Drained breasts make milk faster. If you can't pump often at work, keep milk production steady by breastfeeding more at home.
- Keep in mind that "this too shall pass." Most mothers stop pumping at work sometime between their baby's ninth and twelfth month their baby takes more solid foods and other drinks and needs less mother's milk.

