

### **Going to School While Breastfeeding**

Some days it may not be easy but if committed to breastfeeding you can do it.

Remember, it is a brief time in your child's and your life.

#### **By continuing to breastfeed after returning to school you will:**

- Provide the best nutrition for your baby
- Reconnect with your baby after being separated
- Save money
- Avoid health risks associated with formula feeding
- Miss less time at school as breastfed babies are sick less

#### **Advantages of pumping at school will:**

- Stimulate your milk production
- Save money – exclusive formula feeding costs are \$160-\$250/month - if on WIC - \$50-100/month

#### **Explore your options. Can you:**

- Do school assignments at home?
- Do cyber school, on-line schooling or home schooling?
- Breastfeed when you are at home, even if you are unable to pump at school?
- Use your frozen milk supply before starting the formula?
- Pump in the nurse's health room?
- Keep an insulated bag with an ice pack in your locker?
- Pump before you go to sleep and on weekends to add to your frozen supply?

#### **Tips for success:**

- At two weeks after delivery, start pumping one or two times a day. Freeze and store this milk every day.
- By 3 to 4 weeks of age start bottle training and then give 1-2 bottles/week to the baby until you go back to school. These bottles can be a partial or a full feeding.
- Have a return to school plan. Where will you pump? When? Where will you store the milk?
- At school, wear clothes that will make pumping easier.
- Get things ready the night before – things for school, diaper bag packed, clothes picked out, lunch packed, etc.
- Before you go to sleep, transfer milk from the freezer to the refrigerator to defrost.
- Breastfeed the baby before leaving the house.
- **Pumping is not the same as breastfeeding!** After you are back at school for a while the amount you are able to pump decreases as getting let-down of milk with your pump becomes harder (pumping wall). Some women experience this "pumping wall" around 4 months, some 6 months, other 9 months.
- **Just do the best you can.**
- **Call for help, questions or concerns.**

**Sometimes your needs change once you are back to school. There are options. It is not all or nothing. Any breastmilk you give your baby is better for you and the baby.**

#### **Full breastfeeding and pumping**

- Breastfeed when with baby and give pumped milk when away from baby

#### **Partial breastfeeding and pumping**

- Breastfeed when with baby giving some pumped milk and some formula when away

#### **Partial breastfeeding**

- Breastfeed when with baby and give formula when away from baby

#### **Reverse-cycle feeding**

- Breastfeed more often during evening and night hours and less during the day
- Baby regulates sleep-wake cycle and gets needed intake over 24 hours