

### Working While Breastfeeding

Working while breastfeeding is nothing new. Breastfeeding mothers have always worked, whether in the home or out of the house. 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 work 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 work time as breastfed babies are sick less

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

- Stimulate your milk production
- Save money – exclusive formula feeding costs are \$160-250/month

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

- Bring your baby to work
- “Wear” your baby at work in a front carrier or sling
- Have a bassinet in your office
- Work at home some or all of your hours
- Find onsite daycare where you can breastfeed on breaks and/or meal time
- Find a sitter near your work where you can breastfeed on your meal break
- Have someone bring the baby to you at work
- Work less hours, part time work, job share a position
- Ease into your work schedule by starting part time then increase hours
- Start on a Wednesday or Thursday to help you and the baby adjust

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

- Start pumping early. If working full time, start storing milk every day starting at 2-3 weeks after delivery.
- By 3-4 weeks of age start bottle training and then have 1-2 bottles/week given to the baby. These bottles can be a partial or a full feeding.
- Have a return to work plan. Where will you pump? When? Where will you store the milk?
- At work, wear clothes that will make pumping easier.
- Get things ready the night before – things for work, diaper bag packed, clothes picked out, lunch packed, etc.
- Transfer milk from the freezer to the refrigerator to defrost (before you go to sleep if working day hours, or 8-10 hrs before your work start time).
- Breastfeed the baby before leaving the house.
- Pumping is not the same as breastfeeding! After you are back at work for a while the amount you are able to pump decreases as getting let-down of milk with your pump becomes harder. Some women experience a “pumping wall” around 4 months, some 6 months, other 9 months. **Just do the best you can.**
- **Call for help, questions or concerns.**

See “*Pumping how-to-information*” and “*Milk Storage Guidelines*” for more information.