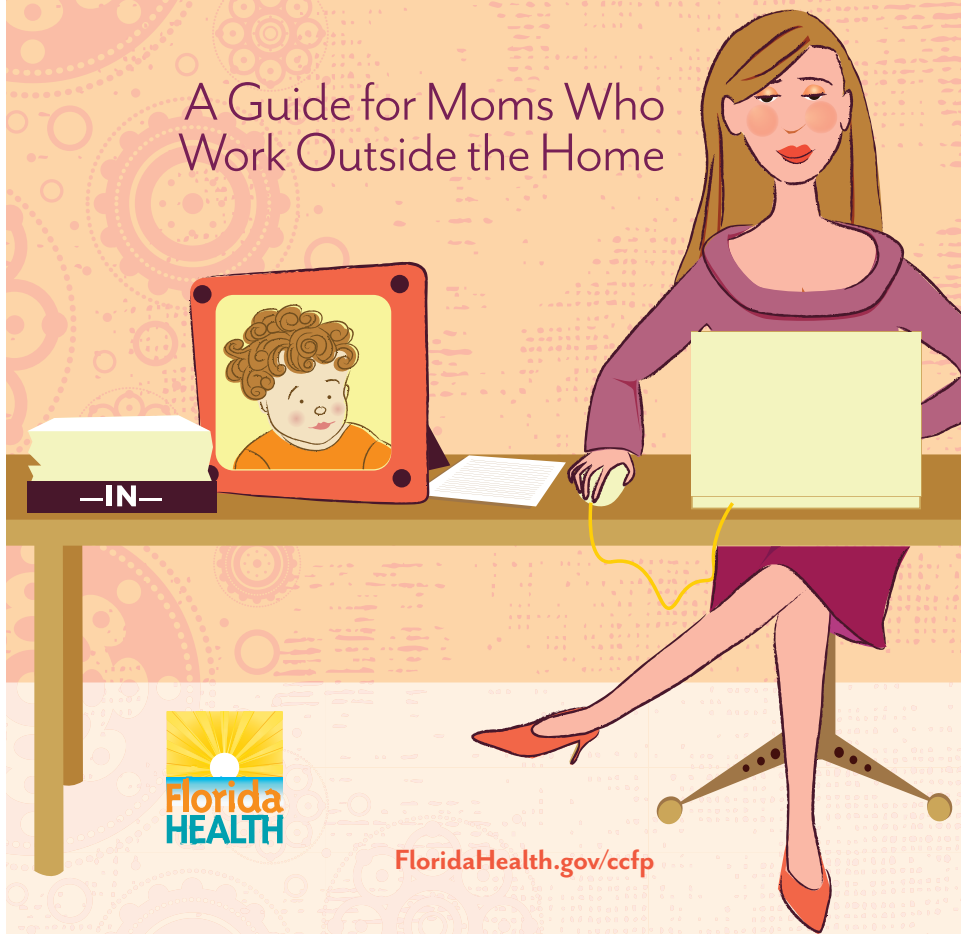


Breastfeeding & Work

A Guide for Moms Who
Work Outside the Home



FloridaHealth.gov/ccfp

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Congratulations on Deciding to Breastfeed!

As more moms go back to work soon after their babies are born, they are thinking about ways to balance work and breastfeeding.

This booklet can help you plan for ways to continue breastfeeding once you go back to work.

Remember, the period of time you will be breastfeeding is short compared to your whole working career. The long term benefits of a happy and healthy child are worth the extra effort.

Facts About Breastfeeding

Exclusively breastfed babies...

- Don't get sick as often.
- Have fewer allergies.
- Have less chance of becoming overweight or obese.
- Have less chance of SIDS (Sudden Infant Death Syndrome).
- Have lower rates of asthma, diabetes, and cancer.

Moms who breastfeed...

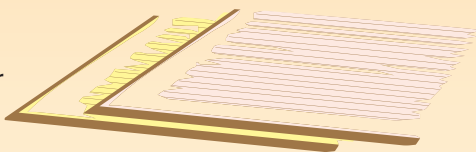
- Feel a special closeness to their babies.
- Have a decreased risk of breast and ovarian cancer.
- Lose their pregnancy weight quicker.
- Save money in doctor and hospital visits.
- Save money and time purchasing and preparing formula bottles.



Planning During Your Pregnancy

While you are pregnant:

- Take time to learn about your company's policies concerning maternity leave and breastfeeding.
- Ask how long you can be out (with or without pay) after the baby is born.
- The older the baby is when you return, the less you will need to pump your milk during the day.
- Ask if you can come back beginning with a part-time schedule; or see if there is a job-sharing plan (this way you can gradually get used to being back).
- Look for times in your current work schedule that can be used for nursing or pumping breast milk.
- Talk to other breastfeeding working moms to see what worked best for them.
- Consider joining or creating a support group at work!



Talking to your employer

- Discuss your ideas and plans with your employer before you have your baby.
- Remind them of the long term benefits of breastfeeding compared to your short term needs:

Reduced sick time/personal leave for breastfeeding women because their infants are sick less often.

Lower health care costs for healthier breastfed infants.

Reduced staff turnover and loss of skilled workers after childbirth.

Higher job productivity, employee satisfaction, and morale.

Added recruitment incentive for women and enhanced reputation as a family friendly employer.

A healthier workforce for the future.

“It’s a win-win!”

During Your Maternity Leave

- Give yourself time to get to know your baby and how breastfeeding works. The more comfortable you feel with breastfeeding the easier it will be once you return to work.
- Nurse in different places so you become more comfortable nursing or expressing milk away from home.
- Keep track of times your baby usually wants to breastfeed so you can try to express milk or nurse about the same times while at work.
- Wait at least 3–4 weeks to give your baby a bottle of breast milk.
- Express your breast milk every time your baby takes a bottle to keep up your own supply.
- Practice having someone else besides just mom give the bottle.



Choosing a Pump

It is important to find a pump best suited to your needs. You can even hand express your milk without a pump. A hospital nurse, lactation consultant, or La Leche League leader can help you choose the best pump for you.

Types of pumps

- A large, rented or purchased electric pump is the most efficient, allowing you to express from both breasts at the same time, taking only about 15 minutes.
- A mini-electric/battery operated pump is less expensive and more portable, but only pumps one side at a time.
- Manual pumps come in many designs but only pump one side at a time.

Storing your milk

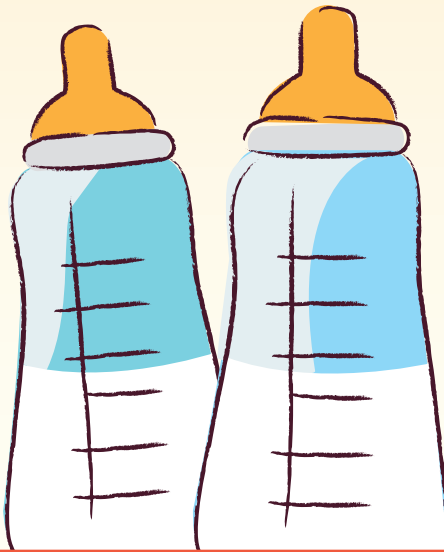
- You can keep bottles of milk in the employee refrigerator, a small cooler, ice chest, or thermos.
- Put the bottles in a container labeled with name, date, and time expressed.
- Store breast milk in small amounts (2-4 ounces).

Your milk may be stored at home:

- In a refrigerator at 39° for up to 8 days.
- In a freezer compartment with a separate door for up to 3–4 months.
- In a separate deep freezer at 0° for up to 6 months or longer.

Planning ahead for returning to work

- Start thinking about how you will continue to breastfeed when you return to work.
- If the baby will be at an onsite or nearby childcare center you may be able to nurse during the day.
- Identify a clean, private area with an electrical outlet and comfortable chair where you will be able to nurse or express your milk.

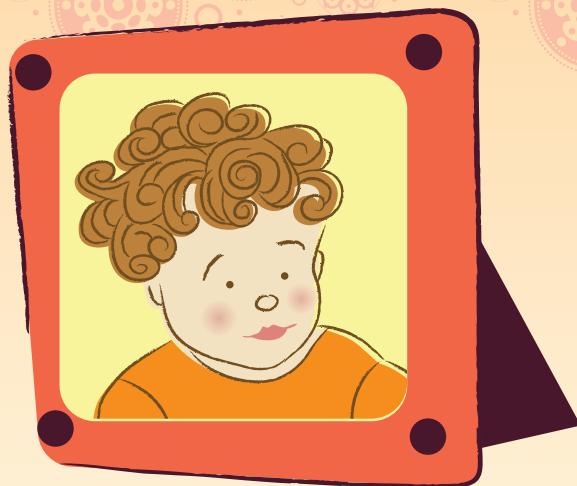


Returning to Work

- Try to go back to work mid-week, or late in the week and keep a light schedule if possible. This will make you less tired and less worried about being away from your baby.
- Get up a little early so you can nurse the baby, then the baby will be happy while you get both of you ready for the day. Also try to nurse again before you leave the baby with your child care provider and when you pick him/her up.
- Express your milk at least twice a day (once in the morning and once in the afternoon).
- Wear 2-piece outfits to make pumping/nursing easier.
- If you leak milk, try to express more often, use nursing pads, or press gently against your nipples to stop the leak.
- Keep pictures of your baby, your baby's blanket, or a toy nearby to help you relax while you express your milk.
- Drink enough non-alcoholic fluids, like water and juice, during the day. Limit caffeinated drinks to 2 drinks per day.

Resources

- Your local WIC office: www.floridawic.org
- US Breastfeeding Committee: www.usbreastfeeding.org
- Florida Breastfeeding Coalition: www.FLbreastfeeding.org
- Baby Friendly Initiative: www.babyfriendlyusa.org
- International Lactation Consultants Association: www.ilca.org
- La Leche League: 1-800-LA-LECHE, www.llli.org



Having a new family member will change many areas of your life; learning to breastfeed and work is just one of those changes. Once a routine is set up it will get easier—don't be too hard on yourself! Give yourself time to rest and adapt to your new lifestyle. Have other family members or friends help with meals, cleaning the house, or even doing laundry. Cut down on activities that don't need to be done—you and your baby are most important.