



Breastfeeding & Back to Work

Back to Work Basics-

- [AAP Breastfeeding Policy Statement 2012](#)
- Benefits for Mom-latest research linking lack of breastfeeding and early weaning to #1 cause of death for females which is heart disease. Breastfeeding decreases all female cancers, Type 2 Diabetes, and postpartum depression. Providing breast milk is also a way to keep mom and baby connected while they are separated during the work day.
- Benefits for Baby-lowers risk of respiratory infections, ear infections, asthma, allergies, digestive tract infections, Type 1 diabetes, and SIDS. Later in life-less incidence of obesity, diabetes, inflammatory bowel, celiac disease childhood leukemia, and lymphoma.
- Providing breastmilk for your baby is only something that YOU can do for your BABY! Breastfeeding and providing breastmilk is the GOLD STANDARD in infant nutrition. We know that breastfeeding fosters bonding, optimal growth and development, and that babies who receive breast milk are healthier overall.

Prep for return to work-

- Talk to your boss to let them know it is important for you to pump and provide breast milk for your baby while at work. The main benefit is a healthier baby which means less missed work days and a happier employer and employee! Prior to going back to work, check out the space where you will be pumping.

- Know the law. [The Break Time For Nursing Mothers Provision](#) was passed in 2010 providing break time and adequate space for moms providing breast milk for companies with 50 or more employees.

TIPS for PUMPING in the WORKPLACE-

- **Prep your work space**-Make it as comfortable as possible. Have a pumping basket or bag with all of your supplies. If possible, spruce up your space with cute baby pics and frames and things that remind you of your baby. A pumping sign to hang on your door for privacy is a must. Something that smells like your baby is also helpful to keep that connection which results in more milk while pumping.
- **Work clothing**-a good pumping bra is a must! There are bras that are made for nursing and pumping. Consider wearing clothing that is comfortable and has easy access to your breasts for pumping. 2 piece outfits, darker clothing and prints work well in case of leaking. It is a good idea to have an extra sweater or jacket.
- **Pump Strategies**-You will become close friends with your pump while at work so learn how to use it efficiently. The pump is not the same as a baby so it may take your body more time to let the milk down to the pump. You may want to try pumping when you are not around your baby to practice what it is like before going back to work. Try sensory pumping-using your eyes, ears, nose, taste, touch while pumping. Tapping into your senses, what things remind you of your baby to be able to make more milk. There seems to be a lot of pressure to pump early. This is not necessary! You will get more milk by week 3 then week 1 or 2. The recommendation is to start pumping after the morning feeding, 1x/day, for ~10 minutes, ~30 minutes after you finish breastfeeding around week 3 or 4 to start to build your freezer stash.

- **Goals**-The recommendation is 50-60oz of milk in the freezer before going back to work. This is RESERVE to cover the unexpected that may come up. FRESH IS BEST! Babies on average take 2/3 of the milk in the breast when breastfeeding so there is milk left to pump out. Pump in the AM. Pump ~30 min after a DBF. It is okay if the baby wants to nurse after. The baby may nurse longer or it is okay to switch back and forth, called "switch nursing", multiple times, as milk is constantly being produced in the breast. If formula is needed, try a 50/50 ratio; half breast milk mixed together with half formula. By introducing formula this way, you know the baby can tolerate it okay.
- **Amount of needed breastmilk**-24-hour milk volumes for the baby-1-6 month old ~30oz per day/900mls. What is most important is weight gain, pees and poops and how the baby is acting. Appropriate weight gain for the first 3 months=1 oz per day or 1/2 # per week. On average, most babies take in 3-4oz (90-120mls) of milk per feeding.
- **Important factors/questions**-It is important to consider the number of times you will pump while at work, age of your baby when you are going back to work, your breast storage capacity, number of hours you will be away from your baby including travel time. Are you planning on only using only breast milk? Will you need to dip into your stored stash of frozen milk? Will you need to use formula? Where will you pump? How will you manage your work day to make it a priority to continue providing breast milk for your baby? How will you handle comments from co-workers? What co-workers will be the most supportive? How often can you pump during your work day? How will your baby respond to the change in routine? These are all important things to think about when returning to work.
- **Organizational tips**-Pump pack up the night before. This is a great job that your partner can do! Use the pump bag check

off list I have provided at the end of this article. Make sure you have all of your supplies ready to go for your work day including a second set of pump parts. Be sure to pack a healthy lunch that isn't too complicated to eat while pumping. It's also a good idea to pack some healthy snacks so that you can keep up your nutritional needs. Snacks that contain protein like protein bars and nuts are a good thing to have on hand during your busy work days. Lastly, make sure you are keeping up your fluid intake during your work day. Your urine should be clear or light yellow. Having a larger water bottle that has a straw so you can be hands free will help with this.

- **Pumping tips**- Block your calendar and set an alarm on your phone to remind you to pump. A cute lullaby is a nice reminder ring tone. Plan for 20-30 min including clean up. Try to pump every 3 hours and try not to go longer than 5 hours between pumps. Ideally you should pump as many times as your baby is eating while you are separated. Make sure your breasts feel empty when you are done pumping. You may need to hand express for a few minutes to remove the milk that the pump did not get out. Some moms get as much as an ounce more doing hand expression after pumping.
- **Cleaning & Milk Storage**-Thoroughly wash and dry all your pump parts. If you are on a time crunch, then at minimum, rinse and use the Medela spray and cleaning wipes. It is not recommended to store pump parts in the fridge and re use at the next pump. You can store your milk in milk storage bags or separate bottles. Be sure to label with the date and time pumped. You will want to store and transport your milk in a cooler bag with blue ice freezer packs. I have included the breast milk storage guidelines sheet for you at the of this article.

The MAGIC NUMBER-

- What is your “**magic number**” to keep up your milk supply when going back to work? This is the number of milk removals from breastfeeding and pumping that your body needs to keep up your milk supply. On average, this is **7x/day** of emptying the breasts by pumping and breastfeeding.
- *Sample work day schedule*-Breastfeed as soon as you wake up and before you leave for work. Pump every 3 hours during your work day. Breastfeed as soon as you get home and through the remainder of the evening, bedtime and night if baby is still waking. It is normal for the baby to cluster feed in the evening and often through the night when moms first go back to work. As hard as this may be, remember that your baby is used to constantly being with you. This often is the baby's way of reconnecting with you after being separated. There is comfort in being next to mama, especially because that is what they have gotten used to while you have been home on maternity leave. Have patience and rest as much as you can. I promise it won't last forever!
- You may need to squeeze in an additional pump at night if you see a dip in your supply and do not want to use formula.
- Another idea is to pump on the way to work or on the way home from work in the car.

Day Care Tips-

- Communication during your work day is helpful. Pics are always great. Peace of mind will decrease stress and help your milk supply.
- Paced bottle feeding-wide based bottle with slow flow nipple
- Breastfeed at pick up from day care
- Labeling breast milk bottles-[Name Bubbles](#)

Tips When Working From Home [CLICK HERE](#)

Back to Work Resources:

Online Resources-

www.breastfeedingusa.org

www.kellymom.com

www.breastfeedingmadesimple.com

www.womenshealth.gov/breastfeeding/employer-solutions/index.php

www.bestforbabes.com

www.breastfeedingpartners.org

Recommended Books-

- *Working and Breastfeeding Made Simple* Nancy Mohrbacher IBCLC
- *Breastfeeding Solutions: Quick tips for the most common nursing challenges* Nancy Mohrbacher IBCLC
- *Work.Pump.Repeat.:The New Mom's Survival Guide to Breastfeeding and Going Back to Work* Jessica Shortall

Pump Bag Check List:

- Hand Sanitizer
- Breast Pump
- Breast Pump parts
- 2nd set of Breast pump parts
- Hands-free pumping bra
- Pumping sign
- Cell phone, iPad, lap top or your favorite
cute baby pic
- Dishwashing liquid
- Cleaning wipes & spray
- Towel, burp cloth or paper towels
- Large gallon size baggie
- Wet/dry bag
- Sanitizing bag
- Milk storage bags or bottles
- Labels & Sharpie
- Breast pads
- Nipple cream
- Healthy easy finger food protein snacks
- Water bottle
- Cooler bag with blue ice packs
- Manual pump (optional)
- Nursing cover (optional)

BREAST MILK STORAGE GUIDELINES

- **4 HOURS**-Freshly pumped milk can sit at room temperature for 4 hours before it should be fed or refrigerated (*6-8 hours with very clean conditions*).
- **4 DAYS**-Pumped, refrigerated milk should be fed within 4 days (*5-8 days with very clean conditions*).
- **6 MONTHS**-Pumped milk in a regular refrigerator/freezer can be kept up to 6 months. Always keep the milk in the back of the freezer and never on the door. If you are using milk collection bags, laying them flat will allow for more milk to be stored.
- **12 MONTHS**-Pumped milk in a deep freezer may be kept for 12 months.
- **24 HOURS**-Once frozen milk has been thawed it should be used in 24 hours.
- **1-2 HOURS**-Once a bottle feeding has started, the bottle should be fed or discarded in 1-2 hours.

Academy of Breastfeeding Medicine Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants, Revised 2017

It's been my honor to be a part of your mothering journey!
We were never meant to do this alone! As always, please do not hesitate to reach out with any questions!

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