

Breastfeeding: Going Back to Work

Going back to work after your baby is born can be a very emotional and stressful time for new moms, especially if you're breastfeeding.

You know you are going to miss your baby, but you may also be concerned about fitting pumping sessions into your schedule or how much you should pump.

Follow this checklist for tips to help make your transition back to work easier for you and your baby.

DO: Start pumping a few weeks before you return to work. This will give you the chance to practice pumping.

Before your first day back: DO:

Check in with your employer to make sure that you have a space available to pump and appropriate breaks to pump during the day.

DO: Try to pump at the same time or as often as your baby is breastfeeding. This will help remind your body to keep making the amount of milk your baby needs.

DO: Make sure you have everything you need to pump successfully before your first day at work.

Supplies include: a reliable breast pump, clean bottles, extra breast pads, and an extra shirt to change into in case of leakage.

DO: Store your breast milk in a cooler with ice packs if your office doesn't have a place to refrigerate it.

If you forget a piece of your pump or don't have access to a manual or electric breast pump:

DO: Hand express milk from your breast.

DO: Use your hand to massage and compress your breast to remove milk.

DO: Drink plenty of water when you are pumping.

DO: Talk to your partner or your baby's caregiver about why continuing to breastfeed is important to you and how they can support you.

DO: Discuss a feeding schedule and how often to feed your baby and let them know that you need extra time to pump.

Leaving your baby at home and going back to work for the first time can be stressful.

Follow this checklist for tips on creating a pumping plan.

Sticking to a schedule can help ease the pressure so you can have peace of mind when you're away.