



Going Back to Work & Want to Continue to Breastfeed?

Yes, You Can!

Women everywhere are successfully combining breastfeeding and working. Advance planning, family and workplace support, and a high quality breastpump make it work for working moms.

Why Continue to Breastfeed?

The American Academy of Pediatrics recommends breastfeeding for at least 12 months. The longer babies are breastfed, the greater the health effects for both mom and baby. Breastfeeding is good for your employer too - it reduces parent absence for baby's illnesses. Breastfeeding reduces cases of:

CHILD

- Ear infections
- Diarrhea
- Infections
- Pneumonia
- SIDS
- Diabetes
- Cancer
- Urinary Tract Infections
- Meningitis

MOTHER

- Postpartum Bleeding
- Ovarian cancer
- Premenopausal breast cancer
- Obesity (*Breastfeeding Women return to pre-pregnancy weight quicker*)
- Broken bones from osteoporosis

How can I find out what I need to know?

On-line resources provide great tips. Take a look at www.medela.com, www.la lecheleague.org, and other breastfeeding websites. Consult with your own lactation consultant. To find a local lactation professional, call 1-800-TELL YOU, or go to www.ilca.org.

How can I establish a good supply of breastmilk?

Early breastfeeding is the time when the milk supply is set. Breastfeed frequently to help make lots of milk. Enjoy the time after your baby is born, and rest to regain your energy. Avoid frequent bottles when you and baby are together. Begin offering small bottle feeds when the baby is 3-4 weeks old to help the baby get used to bottles.

How can I keep my milk when back at work?

Flexible scheduling, telecommuting, and job sharing can help. Plan three 15-minute pumping breaks during each 8-hour workday. If your shift is longer than 8 hours, try to add another short pumping session. Double pumping cuts down pumping time, but it is important to pump for 12-15 minutes during each break. Mothers can pump into the same bottles at different pumping sessions on the same day as long as the milk is kept chilled.

Breastfeed often in the evenings and learn how to breastfeed lying down while you rest. Nighttime breastfeeding boosts supply! If your supply is low, breastfeeding or pumping more often is the simplest way to increase supply.

How do I choose the right pump?

It is important to select the best breastpump for your situation. Many working moms choose the Pump in Style® Advanced or a hospital grade rental Symphony® or Lactina®. These pumps offer superior performance, comfort, and speed. Medela pumps have vehicle lighter adaptors and battery packs for convenience. Smaller battery pumps such as the Double Select™ and the Single Deluxe are appropriate for occasional use, about once a day. Call our Breastfeeding National Network, 1-800-TELL YOU, to find rental or retail stations near you. Call 1-800-435-8316 for Customer Service assistance and advice. See our website for pump choice recommendations: www.medela.com.

How much milk is enough?

Breastfeed your baby before you leave for the day. Some moms fit in one last breastfeeding at the sitters. Breastfeed as soon as you are together again at the end of the day. Babies need about 3-5 oz per feeding from months one through six. Store milk in hard plastic or glass bottles, or in disposable bags specifically designed for breastmilk, such as Collection Storage Freezing (CSF™) bags by Medela.

How do I choose a caregiver for my baby?

Choose a care provider who is comfortable caring for breastfed babies, and who you trust. Ask whether your state licenses child care providers. By choosing a caregiver near your workplace, you can visit your baby and breastfeed at lunch.



How do I feed my baby while I am away?

It is important to get breastfeeding off to a good start before introducing bottles. Start expressing milk at about the 3rd or 4th week so that you can begin to introduce bottles around week 4. Pump once every day at about the same time of day so that you can store some extra milk in the freezer for a backup supply. Small amounts of an ounce or so can help the baby get used to the bottle without interfering with breastfeeding. Use a little of your freshly pumped breastmilk for the next day's practice feeding. Slow flow bottles are best. Have someone else offer the bottle. For a valuable handout on how to correctly bottle-feed a breastfed baby, see: www.kellymom.com/bf/pumping/bottle-feeding.html.

Once you return to work, the milk you pump at work one day is used the next day to feed the baby. Frozen milk can be stored in 1-3 oz. packets, and thawed when needed to use as back-up supply. After pumping, cool your milk in a refrigerator or cooler. Use a cooler carrier with frozen ice packs to transport your milk from work or to the sitter's. If you travel for work, milk can be shipped packed in dry ice, or shipped on airlines packed in cooler containers with dry ice packs.

My breastpump is not comfortable. Why am I having trouble getting milk out?

Choose the best pump for your situation, and the correct width breastshields for your breasts. Medela makes PersonalFit™ breastshields in four widths. Correct sizing can improve flow and comfort for moms who are pumping. PersonalFit breastshields are available from 1-800-435-8316. If you are sore when pumping, try turning down the suction level, or pumping for a shorter time. If pain continues, call your health care professional or lactation consultant.



What can I expect during the first week of work?

It can be overwhelming for a new mom to begin work. Start slowly, with a few hours or a half-day, beginning mid-week. It is normal to feel tired at first. On days off, nap with your baby. Enjoy your time together, and breastfeed often. Protect your milk supply by expressing often while away and breastfeeding often when with baby. Avoid becoming overly full, as engorgement sends a signal to your body to slow milk production. You may find it helpful to have the support of another pumping mom.

What are the tricks for easier pumping at work?

Medela's Hands Free Pumping Kit with a Medela Nursing Bra is a time-saver. Two-piece clothing that opens easily at the waist makes pumping easier. Some moms have two pump kits, one for home use, and one clean at work. If there is no space or time to wash pump parts after pumping, some moms refrigerate their pump parts and reuse. They save washing up until they return home. Medela's Quick Clean™ Micro-Steam™ Bags provide handy easy clean up in the workplace.

What if my pump doesn't work well?

Call Customer Service for troubleshooting assistance. 1-800-435-8316.

How do I safely store milk?

	Room Temperature	Cooler with 3 Frozen Ice Packs	Refrigerator	Self-contained Refrigerator Freezer Unit	Deep Freezer
Freshly expressed breastmilk	4 hours at 66-72°F (19-22°C) ¹	24 hours at 59°F (15°C) ¹	5-7 days at 32-39°F (0°-4°C) ²	3-4 months ³	6-12 months at 0°F (-19°C) ³
Thawed breastmilk (previously frozen)	Do not store	Do not store	24 hours ⁴	Never refreeze thawed milk	Never refreeze thawed milk

¹ Hamosh M, Ellis L, Pollock D, Henderson T, and Hamosh P: Pediatrics, vol. 97, No. 4, April 1996. pp 492-497. (4 hours at 77° F/25° C).

² Sosa, Roberto; Barnes, Lewis: AJDC, Vol. 141, Jan. 1987.

³ Lawrence R, and Lawrence R: Breastfeeding: A Guide For the Medical Profession, 1999, p.894.

⁴ Arnold L: Recommendations for Collection, Storage and Handling of a Mother's Milk for Her Own Infant in the Hospital Setting, 3rd Edition. The Human Milk Banking Association of North America, Inc. 1999, p.18.

**For more breastfeeding information,
visit www.medela.com**

**To locate Medela products or a
breastfeeding specialist in your area, call
1-800-TELL YOU, 24 hours a day, 7 days a week.**

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