



## Breastfeeding and Returning to Work

Ideally, you would want to start infant on the bottle at one month to six weeks. Giving a couple of bottles a week for practice.

About one month before you return to work, pump a couple of times a day after feedings or pump on one side while you feed on the other to start a little stash of milk. Practice your pumping routine around when you'll likely pump at work.

A Typical pumping schedule at work would be every 3 hours if possible.

What to bring to work

- \* A double electric pump
- \* Pump parts, correct-size flanges
- \* Milk storage bags or bottles
- \* Cooler bag and ice packs
- \* Nursing pads
- \* Extra shirt

How much will baby need?

Around 1 to 1 ½ oz per hour you are apart

If you are away for 8 hours, baby will need 8-12 oz.

Some babies take more or less

Some babies will reverse cycle and breastfeed more at night

Talk with your employer before returning to work

\* Employers must provide reasonable accommodations for breastfeeding employees, including

break time and a private space to pump, not a bathroom. It is the Pump Act.

For more information, you can visit the US Department of Health and Human Services.

\* Discrimination against breastfeeding mothers in the workplace is prohibited

Begin work in the middle of the week so your first week back to work may be less stressful

Many insurance plans, including Tricare, cover breast pumps and replacement parts for the first year.

Protecting your supply

Things that help

- \* Don't skip pumping sessions regularly
- \* Eat enough and stay hydrated
- \* Replace pump parts periodically
- \* Check flange sizing if pumping hurts or output suddenly drops
- \* Nurse frequently when together with your baby

Reliable website for further information on this topic, go to [KellyMom.com](http://KellyMom.com) Pumping and Employment

You can make an appointment with lactation to help you with transitioning back to work

