

## Returning to Work Tips for Breast Feeding Moms

After your baby is born, being prepared and organized will take some of the stress out of returning to work. Scheduling breaks to pump similar to your baby's feeding schedule will make returning to work less stressful and keep your milk supply established.

### Here are some tips for an easier transition back to work:

1. Before you return to work, talk with your employer about securing a quiet, clean, and private place for you to pump. Remember to bring a cooler or have a refrigerator available to store pumped breast milk.
2. You may want to “stockpile” a few weeks worth of milk (~60 oz.) before you return to work so that your baby has breast milk while the two of you are away from each other.
3. If possible, wait until your baby is 4 weeks old to introduce a bottle to prevent nipple confusion. Make sure to use an age appropriate nipple size. Initially, baby may take the bottle better from someone other than mom.
4. While at work pump at the times your baby would normally breast feed. Depending on how long you are gone, that might be 4+ times per day. If possible, pump at the same time every day and breast feed “on demand” while at home to keep milk supply up.
5. Keep a photo of your baby, or a blanket with your baby’s scent close by, while pumping to encourage the “let down” reflex. Stay as relaxed as possible. Consider bringing soothing music to play while you pump.
6. Continue to eat a balanced diet rich in fruit, vegetables, whole grains, dairy products and lean protein. An additional 400-500 calories are needed for the first 6 months of exclusive breast feeding. Pack a healthy meal and snacks to have with you while at work. And don’t forget to stay hydrated with plenty of water! Aim for 8 - 10 cups of water per day.