

# Healthy Carolina Lactation Program

## A Successful Breastfeeding/Lactation Program Can:

- Reduce absenteeism due to infant illness
  - 25% vs. 75%
- Lower health care costs
- Lower turn over rates
  - 94.2% retention for companies with lactation program
  - 59% national average

## Websites for Breastfeeding Help and Support:

- [www.ilca.org](http://www.ilca.org)
- WIC – Women, Infants and Children
- [www.lalecheleague.org](http://www.lalecheleague.org)
- [www.pumpingmoms.com](http://www.pumpingmoms.com)
- [www.workandpump.com](http://www.workandpump.com)

## Tips for New Moms Returning to Work:

- Speak to coworkers who have breastfed to get tips
- Speak to you supervisor about breastfeeding plans
- Plan Ahead!
  - Breastfeed 8-12 times per day
  - Practice expressing milk with a quality breast pump
  - Begin storing milk in the freezer
  - Take the maximum maternity leave if possible
  - Gradually return to work (part-time, flex-time, work from home, etc)
  - Review company policy for onsite daycare and bringing infant to work
  - Find an appropriate place to express milk
    - Not a Bathroom!
  - Wear clothing that disguises leaking and facilitates pumping
  - Learn how to deal with leaking issues
  - Learn when and how to introduce your baby to a bottle
  - Make a trial run before returning to work
  - While at work, express milk 2-3 times a day for 10-15 minutes
- To induce milk flow:
  - Relax!
  - Massage the breasts and nipples
  - Think of your baby
  - Bring something that reminds you of your baby (blanket, item of clothing, picture)
- Timeline for milk expiration
  - Refrigerated: 2 days maximum
  - Frozen: 3 months
  - Thawed and refrigerated: 24 hours
- Speak to supervisor as to where to store milk
- Label bottles with name and date and remove if expired

## Why Breastfeed?

- Decreases recovery time from pregnancy and childbirth
- Lowers risk of breast cancer
- Lowers risk of osteoporosis

- Satisfaction of giving your baby the best start possible

#### Employee Responsibilities for Supporting Breastfeeding Programs:

- Communicate with your supervisor and coworkers
- Maintain cleanliness of milk expression areas
- Label, date and discard milk appropriately
- Use break time for milk expression responsibly

#### Breast Pump Manufacturers:

- Ameda Breastfeeding Products, Hollister Inc
  - [www.ameda.com](http://www.ameda.com)
- Medela, Inc
  - [www.medela.com](http://www.medela.com)
- Whittlestone
  - [www.whittlestone.com](http://www.whittlestone.com)

#### Getting support for Breastfeeding:

- From Supervisors
  - Express why breastfeeding is important for you and your baby
  - Express need for clean, private environment to breastfeed
  - Show how meeting needs will help the company
  - Take responsibility for milk expression area
  - Show your appreciation for the accommodations
- From Co-workers:
  - Try to understand your coworkers concerns
  - Remind them that it will lower health care costs
  - Remind them your using allowed breaks and making up the time you missed

#### Dealing with Low Milk Supply:

- Increase pumping frequency/time
- Pump during or after feeding
- Check if the pump is working properly
- Talk with a physician
- Contact a lactation consultant

#### Previous Methods:

- Postpartum support groups
- Dependent care referral programs
- Company-wide employee baby showers two times per year
- Counseling about the importance of breast feeding

