

Tips for Mom

When returning to work:

- Speak to co-workers who have breastfed to get real-life tips and advice
- Speak to your supervisor to discuss your lactation plans
- Speak to supervisor as to where to store milk
- Label bottles with name and date and remove if expired

Before you return to work:

- 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 University policy for onsite daycare and bringing infant to work
- Find an appropriate place to express milk
- Wear clothing that disguises leaking and facilitates pumping
- Learn how to manage 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

Employee responsibilities for supporting breast feeding 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

Getting support for breast feeding:

- 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 coworkers:
 - 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

Managing 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

