

# **Breastfeeding Mothers who Pump at Work or School**

Many mothers continue to breastfeed even through they go back to work or school.

## **Before going back to work or school:**

- Breastfeed frequently during the first few weeks of your baby's life so you can make enough milk.
- Avoid bottles (with water, formula or breastmilk) and pacifiers during the first three weeks or more of life, if possible.
- Find a good double electric breast pump (like Hollister ® or Medela ®) and practice using it. Avoid battery-powered pumps. You may qualify for an electric breast pump from WIC.
- Two weeks before returning to work, you can start a bottle with pumped breastmilk. The Avent ® bottle may help to avoid nipple confusion.
- To learn more about pumping your breast milk see the *Pumping Your Breast Milk* handout.

## **After Returning to Work:**

- Breastfeed your baby before going to work or school.
- If you are going to pump at work, find a comfortable, private place. Use a picture of your baby, baby's blanket, soothing music, or other items to help you relax.
- Try to pump your milk two to three times a day. Keep it in the refrigerator or an insulated bag with ice.
- Remind the person caring for your baby not to give your baby a bottle during the hour before you plan to get home. Then the baby will be hungry enough to breastfeed when you arrive.
- Mothers who take the time to pump their breastmilk for their babies and leave it with the babysitter will have healthier babies. If your baby is healthy, you will not miss work or school.
- Put the baby to the breast whenever the baby is with you. Avoid giving your baby a bottle if you are available to breastfeed.
- By law your employer is required to provide you with time and a private place to pump your breastmilk.

**For breastfeeding questions, pump loans, classes, or other help, call your WIC Clinic.**