

RETURNING TO WORK OR SCHOOL

Exclusively breastfeeding your baby is a great accomplishment. Breastfeeding and returning back to work is something to be proud of! Many women work and breastfeed. Planning ahead is important to make the return to work or school easier. Talking with your employer about your options can help you combine working and pumping at the same time. During an 8 hour day many moms find that they need two to three breaks to pump milk.

TIPS OF THE WEEK

- You have the legal right to pump at work.
- Pumping is essential to maintaining your milk supply.
- Planning ahead helps make returning to work or school easier for you to continue feeding your baby breast milk.

BREASTFEEDING AT WORK IS THE LAW¹:

California Lactation Accommodation Law (AB 1025): *Any business has to provide their employee with a break time and a place, other than a bathroom, to pump breast milk.*

If you are returning to school, find a private place to pump. Talk to a counselor or a teacher for accommodations.^{2,3} Contact the California Department of Industrial Relations if you are having difficulties with your employer accommodating breastfeeding choice.

dir.ca.gov/dlse/FAQ_RestPeriods.htm

You may feel guilt or sadness for leaving your baby and frustration about pumping while working – a lot of moms feel this way. Just

remember, breast feeding is the healthiest gift you can give your baby. A breastfed baby will catch fewer colds which means you miss less work or school^{4!}

HERE'S WHAT YOU CAN DO:

Rent or buy a breast pump before going to work or school⁴⁻⁶

- You may be able to get a breast pump for free through WIC (Women, Infants and Children), a food and nutrition services for low income women.
- The health care law, (Affordable Care Act) requires most health insurance plans to provide breastfeeding equipment and counseling for pregnant and nursing women. Contact your insurance plan for questions about your breastfeeding benefits

- Since your baby is used to breastfeeding, it may be easier for your baby to accept the bottle from someone else (partner or child care provider).
- Pump and store your milk at least two weeks in advance before returning to work/school.
- Remind your boss two weeks in advance about setting up a room (**NOT** a restroom) and break times to breast pump at work.
- If possible, do a “trial-run.” Leave your baby with a caregiver and express your milk during the day.
- Start work part-time, if possible, to slowly ease back into working.
- Return to work mid-week. A short week will help so you can readjust your pumping plan during the weekend
- Try breastfeeding right before leaving for work so you won’t have to pump when you first arrive to work.
- If possible, have your baby’s caregiver close to work or school if you plan to visit at lunch to breastfeed your baby.

WHEN PUMPING AT WORK⁶:

- Store your breast milk in a cooler during the day and clearly label milk. You can also put you breast milk in the staff refrigerator.
- Clearly label it “Breast Milk”. Containers should be put in the coolest part of the refrigerator or freezer (usually in the back). Refer to the Storing Breast Milk lesson for milk storage information.
- Clean and sterilize your pump equipment after each use. Wash them in hot, soapy water. Micro-steam bags are a convenient option for work and can also be used in the microwave to disinfect pumps, shields, and other materials.
- Be sure to drink water after pumping to prevent dehydration

Remember, if you don’t pump you may feel engorgement. You will get relief from pumping.

IF YOU NEED BREASTFEEDING HELP, CALL THE HELP LINE: 888-278-6455

RESOURCES:

See the Choose Health LA Moms Breastfeeding Resources for classes on breastfeeding and returning back to work or school.

Refer to lessons on *Breastfeeding and Pumping* (Week 7).

womenshealth.gov/breastfeeding/going-back-to-work/

breastfeeding.org/working-breastfeeding.php

breastfeedingpartners.org/images/pdf/ForMomsFINAL.pdf

dol.gov/whd/regs/compliance/whdfs73.htm

APPS:

BABY CONNECT

baby-connect.com

ILETDOWN (FREE)

appszoom.com/iphone-apps/health_fitness/ilettdown_dhswu.html

Shows a picture of your baby and plays sounds of a hungry baby to stimulate your milk letdown.

PUMP LOG (FREE)

<https://itunes.apple.com/us/app/pump-log-track-breast-milk/id814112299?mt=8>

Track breast milk production.

MILKMAID (\$2.99)

itunes.apple.com/us/app/milk-maid/id369466778

Helps pumping moms manage their stash of breast milk

BABY'S DAY (\$2.99)

itunes.apple.com/us/app/babys-day-breastfeeding-pumping/id781848800?mt=8

Breastfeeding and pumping timer.

BLOGS:

BREASTFEEDING AND PUMPING TIPS

blogs.babycenter.com/tips_and_tricks/11062013breastfeeding-pumping-tips-to-keep-milk-supply-going/

HANDS-ON PUMPING

<http://www.nancymohrbacher.com/articles/2012/6/27/to-pump-more-milk-use-hands-on-pumping.html>

PUMPING WHILE NURSING

kellymom.com/bf/pumpingmoms/pumping/pumping-while-nursing/

PUMPING IN PUBLIC

nursingfreedom.org/

REFERENCES

1. California Lactation Law <http://www.cdph.ca.gov/healthinfo/healthyliving/childfamily/Pages/CaliforniaLawsRelatedtoBreastfeeding.aspx>
2. Department of Health and Human Services. (2011). Surgeon General's Call to Action to Support Breastfeeding. Office of the Surgeon General. Washington, DC. Retrieved from www.surgeongeneral.gov/library/calls/breastfeeding/calltoactiontosupportbreastfeeding.pdf
3. Shealy, KR., Li, R., Benton-Davis, S., Grummer-Strawn, LM. (2005). The CDC Guide to Breastfeeding Interventions. U.S Department of Health and Human Services, Centers for Disease Control and Prevention. Retrieved from http://www.cdc.gov/breastfeeding/pdf/breastfeeding_interventions.pdf
4. California WIC Breastfeeding Peer Counseling Program. (2010). Peer Counselor Handbook: Mothers Helping Mothers. Retrieved from <http://www.cdph.ca.gov/programs/wicworks/Documents/BF/WIC-BF-PCHandbook.pdf>
5. Kaiser Permanente. (2009). Breastfeeding with Success. SCPMG Regional Health Education. Retrieved from http://kpmwi.org/wp-content/uploads/2011/12/Breastfeeding-w-Success-Manual_Eng.pdf
6. New York State WIC. Making it Work: For Moms. New York State Department of Health. Retrieved from <http://www.breastfeedingpartners.org/images/pdf/ForMomsFINAL.pdf>