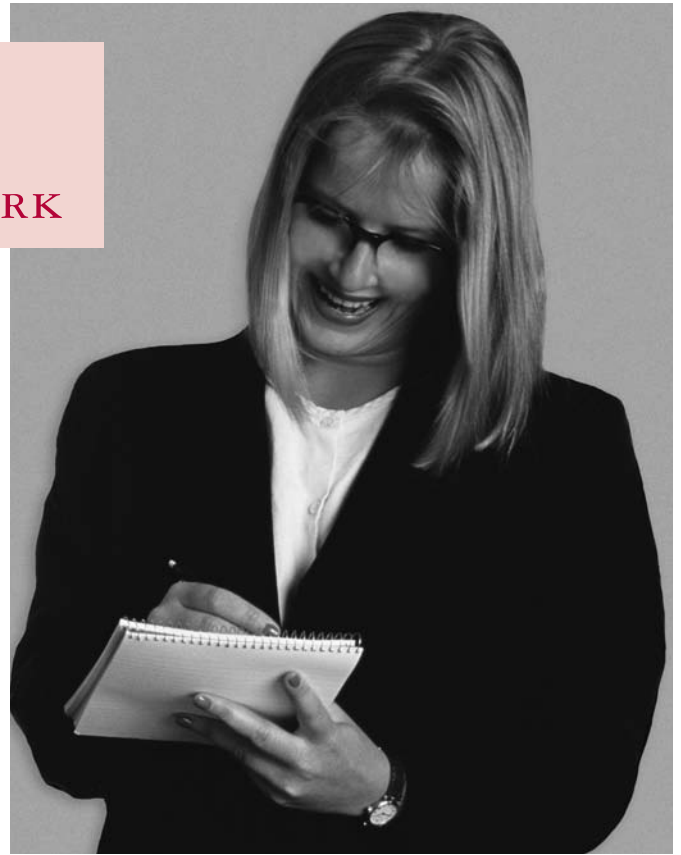


Tips FOR RETURNING TO WORK

- ◆ Take as much time off as possible after your baby's birth.
- ◆ Make sure breastfeeding is well established before returning to work.
- ◆ Make sure the person who cares for your baby understands and supports breastfeeding.
- ◆ Practice expressing breast milk before returning to work. Most working women will need to rent or purchase a good quality electric breastpump. Most small hand held pumps are not efficient for full time pumping.
- ◆ If you are away from your baby for several hours, express breast milk several times a day and have your caregiver feed it to the baby. Most women need to pump one-two times per eight hours. Working mothers can successfully complete pumping during their regular break periods (15 minutes) if they are using a double electric breastpump system.
- ◆ Research indicates that double pumping significantly increases prolactin levels (the hormone that makes milk). This can help mothers maintain their milk supply and also decrease the amount of time spent pumping. This is especially important for full time working mothers, mothers of premature infants or women who have difficulty maintaining a milk supply when separated from their baby.
- ◆ When pumping, it is helpful to bring a picture of your baby or something that smells like your baby to stimulate the "milk ejection" or "let-down reflex."
- ◆ During the work week, mothers of young infants should express milk when the baby would normally breastfeed. Additionally, the mother should breastfeed in the morning before work, as soon as possible after work, frequently in the evening and when the baby wakes at night. On weekends, baby should be breastfed as often as possible.



- ◆ Mothers of older breastfed babies (over six months) may be able to reduce pumping to once every eight hours as long as baby breastfeeds frequently in the evening.
- ◆ If you have flexible work hours, going in an hour late, extending your lunch break, or leaving an hour early can be helpful.
- ◆ To manage your time most efficiently, have family members and friends provide extra household help while you are breastfeeding your baby when at home.
- ◆ Form a support group with other working women who breastfeed, or attend a mothers support group in your community.

—Adapted from LaLeche League