

# A Guide to Breastfeeding & Returning to Work or School

## While pregnant

- Find a breastfeeding friendly child care provider.
- Discuss breastfeeding plans with employer, including a gradual return-to-work schedule (working 3 days a week to start, having a mid-week day off, etc).
- Look for times in your current work schedule that can be used for pumping or nursing.
- Attend a breastfeeding support group.
- Research breast pumps.

## In the first several weeks after birth

- Breastfeed often and on demand.
- Make sure breastfeeding is going well before giving a pacifier, bottle or starting to pump, unless medically indicated.

## Two weeks before returning to work or school (or sooner)

- Review plans with your baby's caregiver.
- Find a comfortable and effective breast pump.
- Store expressed breastmilk in the freezer to keep as a reserve.
- Establish a nursing and pumping routine.
- Practice giving expressed breastmilk in a bottle to your baby once per day (many babies will take a bottle better from someone other than mom).
- Find a bag for pumping supplies including a cooler bag with ice packs to keep your milk cold.

## One week before

- If possible, leave your baby with your caregiver a few hours each day.
- Get up an hour earlier than you normally would to practice getting both you and your baby ready for the day.
- Time your route to your caregiver and work. Allow plenty of time for nursing, settling the baby and saying goodbye.

## The night before

- Pack your diaper bag, pump, water and snacks for work. Go to bed early!

## The morning of

- Eat breakfast first, then get ready.
- Wake, nurse & dress your baby.
- Pack thawed milk (1-2oz more than you expect baby to drink). Make sure it is clearly labeled with 1) today's date 2) baby's name 3) date milk was expressed.
- Plan to breastfeed baby when dropping off & picking up from child caregiver.

## When picking up baby

- Bring home any unused breastmilk from caregiver. Re-label with tomorrow's date & use the next day.



**For more information, contact your WIC office, La Leche League,  
a Breastfeeding Peer Counselor, or a Lactation Consultant.**

This has been sourced from the CDC & adapted from NMWIC in collaboration with the New Mexico Breastfeeding Taskforce.

[www.breastfeedingnm.org](http://www.breastfeedingnm.org)