

A GUIDE TO BREAST/CHEST FEEDING WHEN RETURNING TO WORK OR SCHOOL

FOLLOW THESE STEPS TO AVOID BEING OVERWHELMED WHEN GOING BACK TO WORK OR SCHOOL.



HAVE A CONVERSATION WITH YOUR EMPLOYER/SUPERVISOR ABOUT THEIR LACTATION POLICY BEFORE YOUR MATERNITY LEAVE

ESTABLISH A NURSING AND PUMPING ROUTINE. AFTER BREASTFEEDING IS GOING WELL, BEGIN INTRODUCING A BOTTLE



GET A PUMP THAT MEETS YOUR PUMPING NEEDS. MAKE SURE YOU HAVE NEEDED SUPPLIES (STORAGE BAGS, BOTTLES, AND A COOLER WITH ICE PACKS)

PACK YOUR DIAPER BAG, PUMP, WATER AND SNACKS THE NIGHT BEFORE



GO TO BED EARLY TO ENSURE A GOOD NIGHT'S REST

PACK LABELED MILK IN THE MORNING



PLAN TO BREASTFEED BABY WHEN DROPPING OFF & PICKING UP FROM CAREGIVER.

HAVE A GREAT DAY AT WORK OR SCHOOL!!

For more information and resources visit:

NM Breastfeeding Task Force
La Leche League
Pregnant @ Work

breastfeedingnm.org
llnm.org
pregnantatwork.org



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FOLLOW THESE STEPS TO AVOID BEING OVERWHELMED
WHEN GOING BACK TO WORK OR SCHOOL.

WHILE PREGNANT

- Find a breastfeeding friendly child care provider
- Have a conversation with your employer about their Lactation Policy
- Look for times in your current work schedule that can be used for pumping or nursing
- Attend a breastfeeding support group
- Research breast pumps

DURING YOUR MATERNITY LEAVE

In the first few weeks:

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

Two weeks before your return (or sooner):

- Find a comfortable and effective breastpump
- Establish a nursing and pumping routine
- Store expressed breastmilk in the freezer to keep as a reserve
- ***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.
- Review plans with your baby's caregiver

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

WHEN RETURNING TO WORK OR SCHOOL

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 (1-2 oz 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 milk from caregiver. Re-label with tomorrow's date & use the next day.

For more information or resources visit

breastfeedingnm.org



New Mexico
Breastfeeding Task Force