

## BREASTFEEDING AND WORK OR SCHOOL

You can continue to enjoy the ease and special closeness of breastfeeding while you are away from your baby.

Stay home as long as you can. Use this time to take care of yourself, get breastfeeding off to a good start, and enjoy your new baby.

Many mothers continue to breastfeed their babies after returning to work or school. Think about which plans you can make:

- work fewer hours, if possible;
- find a caregiver close to work or school, and go there for breaks to breastfeed your baby, have the caregiver bring your baby to you to be fed, or bring your baby with you;
- pump your milk and save it for the caregiver to feed your baby;
- ask your employer about a place to pump and if you can adjust your break times for pumping; or
- feed your baby iron-fortified formula while you are away and continue to breastfeed when you are with your baby.

### Helpful hints

Before returning to work or school, begin to express or pump your milk a few times a day. Collect milk whenever your breasts feel extra full. You can build up a supply of frozen breastmilk this way.

Begin practicing with a bottle 2 weeks before you return to work or school. Most babies accept the bottle better from someone other than their mothers. Someone else can offer your baby 1 to 2 ounces of breastmilk or formula from a bottle once a day.

Visit your caregiver. Share information on storing, thawing, and warming breastmilk and your baby's usual feeding times.



## Scheduling your feedings

- Breastfeed before you leave your baby and when you pick-up your baby.
- Ask your caregiver to avoid feeding your baby if you will arrive in the next hour. Your baby will be hungry and ready to breastfeed when you arrive. Talk to your caregiver about what to do if you are late or baby is fussy.
- Pump 1 to 3 times during the day. If your baby is less than 3 months old, express milk at least every 3 hours. Try to follow your baby's usual feeding schedule.
- Breastfeed on your days off and avoid bottle-feeding.

## Managing your milk supply

- You can make all the milk your baby needs. Breastfeed whenever your baby seems hungry or needs comfort. As your baby breastfeeds your body gets the message to make more milk. The more your baby breastfeeds, the more milk your body makes.
- If your milk supply decreases, it is possible to build it up again. Breastfeed more often when you are with your baby or pump more often (every 1 to 2 hours) until your milk supply increases.
- Try to pump every 3 hours when you are away from your baby. This will help keep a good milk supply.
- If you are using formula while away and not pumping, your body will adjust to your schedule and have more milk for when you are home to breastfeed and less when you are away. Breastfeed more often when you are with your baby.

***Breastfeeding can calm you after a busy day.***

