

# Breastfeeding— When You Return to Work

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You may need to go back to work shortly after your baby is born, and you most likely won't be able to take your baby with you. You may wonder if you can continue to breastfeed your baby. The answer is **YES!**

## Why continue to breastfeed?

- You will continue the special feeling of closeness between you and your baby that comes with breastfeeding.
- It's easy. You will spend less time preparing and washing bottles.
- You will miss less work because your baby will be sick less often.



## Planning ahead

- After breastfeeding is well established (about three to four weeks), you can introduce your baby to a bottle filled with breast milk.
- If you plan to pump while at work, ask your WIC staff to help you locate the pump that is best for you.
- If you're fortunate, you may find child care very close to work, and you will be able to actually breastfeed your baby during breaks and lunch.
- Start practicing your routines as a working mother of a breastfed baby
- Allow the baby and caregiver to begin setting a regular schedule.

## One week before returning to work

- Talk to your supervisor about your plans to work and breastfeed.
- Plan to arrange your time at work to express your milk. Breaks and lunch hours work well for most moms.
- Locate a comfortable place at work where there is privacy to express milk during breaks and at lunchtime.
- Plan how to store Breast milk at work. A cooler with ice packs works well if there is no refrigerator available.
- Plan to relax and feed your baby as soon as you are home from work.

## Troubleshooting tips and concerns

- Wear breast pads in case of leaking.
- Wear blouses or sweaters that pull up or unbutton easily.
- Keep an extra shirt or sweater at work in case of leakage.
- Have lanolin or moisturizer available in case of sore nipples.

## For more information, contact

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