

Going Back to Work

Tips for Continued Successful Breastfeeding



The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months. Women everywhere are returning to work and successfully continuing to breastfeed. Advanced planning, family and workplace support, and a high quality breastpump help create success for working moms. The longer babies are breastfed, the greater the health benefits for both mom and baby. Breastfeeding is good for your employer too – it reduces employees' absence from work for baby's illnesses.



Breastfeed often in the evenings and learn how to breastfeed lying down while you rest. Nighttime breastfeeding boosts your supply! Remember, pumping takes practice. If you only get a small amount of milk the first few times you pump, don't worry. With practice and patience you'll soon be pumping more milk.

Choosing the Right Pump & Accessories

It is important to select the best breastpump and accessories for your work situation. Many working moms choose Freestyle®, Pump in Style® Advanced or a hospital-grade breastpump, such as Symphony®. These pumps offer superior performance, comfort and convenience. Medela pumps have either a vehicle lighter or battery pack for options. Call 1-800 TELL YOU for a local retail or rental location or visit www.medela.com.



Freestyle

Choosing the correct size breastshield is important for the flow of breastmilk and comfort to moms who are pumping. Medela makes PersonalFit™ breastshields in a variety of sizes to fit your needs. Breastpumping should be comfortable. If pumping is uncomfortable or if you have questions, check with your lactation consultant or healthcare professional to help provide you with the proper fit.

Choosing a Childcare Provider for Your Baby

Choose a childcare provider you trust who is comfortable caring for your breastfed baby. You can also check with your state or county for a list of licensed childcare providers. By choosing a childcare provider that is close to your workplace, you can visit your baby and breastfeed during lunch.

| Benefits of Breastfeeding | |
|---|---|
| For Baby | For Mom |
| Breastfed infants have fewer and shorter episodes of illness. | Convenient and always ready for baby. |
| Nutrition provided by breastmilk benefits your baby's IQ. | Decreases risk of breast and ovarian cancers. |
| Reduces the risk of obesity and hypertension. | Just the right temperature, and is the healthiest choice at the least cost. |
| Helps the baby's immune system mature. | Increases the rate of weight loss in most mothers. |
| Increases the effectiveness of immunizations. | Breastfed babies are healthier, and mothers miss less work and spend less time and money on pediatric care. |
| Perfect nutrition. | Reduces risk of diabetes, heart attack, high blood pressure and stroke. |
| Fewer allergies. | |
| Protects against developing chronic diseases. | Decreases risk of osteoporosis. |
| <p>...there are many other benefits to breastfeeding. Go to www.medela.com to see references and find more.</p> | |

You and Your Milk Supply

Your milk supply is established in the first days after birth. Breastfeed your baby frequently to help produce lots of milk. Make use of the time after your baby is born to rest and regain your energy. Avoid giving bottles and/or pacifiers until breastfeeding is well-established.

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First Week of Work

Going back to work can be overwhelming. Start slowly, if possible, by returning to work for only a half-day, or mid-week. It is normal to feel tired at first. On days off, nap with your baby, enjoy your time together, and breastfeed often. Protect your milk supply by pumping often while away and breastfeeding when you are with your baby. Avoid having your breasts become overly full, as engorgement sends a signal to your body to slow down milk production.

Pumping at Work

The milk you pump at work one day may or can be used the next day to feed your baby. After pumping, cool your milk in a refrigerator or cooler. Store your milk in Medela's BPA-free breastmilk collection bottles or storage bags specifically designed for breastmilk, such as Medela Pump & Save™ bags. Freeze milk in 2-4 ounce containers and thaw when needed to use as back-up supply. Use a cooler carrier with frozen ice packs to transport your milk from work or to your daycare provider.

| Freshly Expressed Breastmilk Storage Guidelines (For Healthy Term Babies) | | | | |
|--|--------------------------------|-----------------------------------|---------------------------------|-------------------|
| Room Temperature | Cooler with 3 Frozen Ice Packs | Refrigerator | Freezer | Thawed Breastmilk |
| 4–6 hours at 66–78 °F (19–26 °C) | 24 hours at 59 °F (15 °C) | 3–8 days at 39 °F or lower (4 °C) | 6–12 months 0–4 °F (-18–-20 °C) | use within 24 hrs |

If your work involves overnight travel, milk can be shipped home packed in dry ice, or shipped on the airlines packed in cooler containers with dry ice packs. Check www.faa.gov for the most recent rules and regulations.

Medela offers breastpumps that are ideal for pumping at work. The Freestyle® and Pump In Style® Advanced include everything you need in convenient carrying bags and feature 2-Phase Expression® technology for more milk in less time.*In addition, Freestyle is uniquely small and lightweight and includes accessories for optional hands-free pumping.

More Tips for Pumping at Work

- Two-piece clothing that opens easily at the waist makes pumping easier.
- If your supply is low, breastfeeding or pumping more often is the simplest way to increase your supply.

*When pumping at Maximum Comfort Vacuum™

- You may find it helpful to have the support of another pumping mom to talk to.
- Two (2) pump kits make pumping more convenient – one (1) for home and one (1) for work.
- Use Medela's Quick Clean™ Micro-Steam™ bags or wipes for easy clean up. Make sure you bring your pump parts home to wash before using the next day.
- Return to work mid-week so you only have 2 or 3 days before the weekend. It makes the first week back to work a short week and easier to handle.

Resources and References

Got to www.medela.com to educate yourself on products and information available for you and your baby.

To locate Medela products or a breastfeeding specialist in your area, go to www.medela.com or call 1-800-TELL YOU, 24 hours a day, 7 days a week.

Some other excellent resources:

- International Lactation Consultant Association – www.ilca.org
- La Leche League International – www.llli.org
- United States Lactation Consultant Association – www.uslcaonline.org
- Federal Aviation Administration – www.faa.org

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