

# Breastfeeding Tips When Working



**Have you decided to return to work and breastfeed? There will be challenges but you can make it work.**

HERE ARE FOUR TIPS:

**1 ASK YOUR EMPLOYER FOR FLEXIBLE SCHEDULING.** Explore if you can work from home one or two days a week. Remote and flexible work options are increasingly popular. Even if you decide to have in-home care, you can be available to nurse.

**2 SUBMIT A WORK PLAN.** Details should include when and where you will pump and where you will store the milk. Explore the possibility of nursing during your lunch hour. It's important you get the support of your co-workers since you will take frequent breaks.

**3 BUY OR RENT A BREAST PUMP.** Before you start back to work, learn how to use your pump and build up a supply of milk to add to the freezer. Remember to add the date and time to all stored milk. Milk pumped during the morning can affect the baby differently than milk pumped at night. Help your breasts to produce plenty of milk by breastfeeding soon after birth and often thereafter.

**4 TRY A COMBINATION.** Consider breastfeeding and formula feeding. Your caregiver may feed formula while you nurse in the morning and evening. Breastfeed your baby normally on the weekends to increase your milk supply.

**Breastfeeding provides many benefits, including gut and immune protection. Finding a way to continue breastfeeding while working is a commitment to protecting your baby's nutritional needs.**