

Breastfeeding Tips for Working Mothers

1. Bring an extra set of pump parts with you to work so you don't have to clean them between pumping sessions and just have to clean parts at night.
2. Keep extra supplies such as spare bottles, milk storage bags, lanolin, breast pads, batteries, and wipes at work in case you need them. It's also good to keep a small towel and extra shirt at work in case of spills.
3. Keep a photo of your baby and a used onesie in your pump bag. This will help you relax and focus on pumping, which will help milk letdown.
4. Bring ice packs to work to keep pumped milk cold.
5. Keep all your pump supplies in the same carrying case and place it by your bag/coat in the evening.
6. Try using breast compressions while pumping since it can help you pump more milk than pumping hands-free.
7. You may find that once your baby starts sleeping more with age, you can fit in an extra pumping session in the evening or in the early morning. This may be helpful if there are some days you were not able to pump as much milk as your baby normally needs.
8. If you have out of office meetings, ask the facilities ahead of time for a private place to pump, as places are very accommodating. For pumping on the go, carry a sharpie marker for disposable bottle inserts/milk storage bags, a snack, a magazine, napkins and hand sanitizer.
9. Experiment with your schedule to find out the times when the most milk can be expressed. Once you see what works, try to pump around the same time every day. At first, most working moms need to pump at least 3 times a day.
10. Talk with your childcare provider about milk storage and feedings while you are away from your baby. It may be best to store pumped milk in small bottles so your pumped milk is not wasted.
11. Explore the possibility of going back to work part-time for the first week, or starting back in the middle of the week, that way you and your baby can ease into your new schedule.
12. When you are home with your baby, practice skin-to-skin and baby wearing as much as possible.
13. Remember you are providing your baby with a wonderful gift. Be proud of the commitment you are making to your baby!