

Going Back To Work or School?

Moms who continue to breastfeed after returning to work/school find that breastfeeding gives them a special time to bond, which is even more important now that they spend a lot of time apart.

You have 4 choices:

1. Breastfeed when together, go to caregiver to breastfeed.
2. Breastfeed when together, have caregiver give breast-milk in a bottle when apart.
3. Breastfeed when together, have caregiver offer iron fortified formula in a bottle when apart.
4. Breastfeed when together, wean to iron fortified formula when you go back to work/school.

Introduction

Preparing For Work/School

Pumping Hints

Collecting Breastmilk

Hand Expression

Storing Breastmilk

Tips For Mom And Baby