

❀ Preparing for Work/School: ❀

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- ❀ Rest, relax, and enjoy your baby.
- ❀ If possible, stay out 6 weeks to build up a good milk supply.
- ❀ Begin expressing and storing milk 2 weeks before your return.
- ❀ Return to work/school on a Thursday or Friday as practice, before going back to a full work week.

Childcare:

- ❀ Find a caregiver who is breastfeeding friendly.
- ❀ Inform the caregiver that it is normal for breastmilk to look thin or watery and to be blue or yellow in color.
- ❀ Remind the caregiver not to microwave breastmilk.
- ❀ Tell the caregiver not to feed your baby right before you pick her up so that you can breastfeed right after work.



Breastfeed at the caregivers before going to work.

Talk to your Employer/School Nurse about:

- ♥ A private place to pump or nurse. (Conference/meeting room)
- ♥ Two 15 minute breaks per day.
- ♥ Breastfed babies get sick 33% less, which means less time you miss from work/school.

Preparing For Work/School

Pumping Hints

Collecting Breastmilk

Hand Expression

Storing Breastmilk

Tips For Mom And Baby