

# Returning to work or school

- Collecting breast milk
- Storing, thawing and warming breast milk
- Getting ready to return to work



## Using breast milk only

### Three weeks before work or school

- Begin to express or pump your milk a few times a week. You could breastfeed your baby on one breast while expressing milk from the other. Collect milk whenever your breasts feel extra full. You can build up a supply of frozen breast milk this way.
- Visit your caregiver, and talk about your plans. Share information on storing, thawing and warming breast milk.

### Two weeks before work or school

- Begin offering your baby 1 to 2 ounces of breast milk in a bottle every few days. You can also use a cup or spoon. Some babies accept the milk better from someone other than their mother.
- Practice taking your baby to the caregiver.
- Write down your baby's usual feeding times for the caregiver.
- Breastfeed before you leave your baby and as soon as possible after you pick up your baby.
- Ask the caregiver to feed your baby just a small amount if your baby is hungry and you will arrive soon.

## Using breast milk and formula

### Two weeks before work or school

- Slowly begin offering an iron-fortified formula by bottle, cup, or spoon. You may need to try several different bottle nipples. Some babies accept the milk better from someone other than their mother.
- Replace one breastfeeding a day with formula. Wait four or five days; then replace another feeding. Continue to slowly replace the feedings your baby will need while you are away.

Breastfeeding calms you after a busy day at work or school. Breastfeed often when you and your baby are together. You'll keep a good milk supply and have time to relax and enjoy your baby.

## Who to call for help

The time you spend breastfeeding is good for you and your baby. Talk to someone who can help you continue breastfeeding while you are working or going to school: a friend or relative, lactation consultant, health care provider, hospital nursery, La Leche League or a WIC breastfeeding specialist.

## C Collecting your breast milk\*

Your breast milk is the best milk for your baby. If you cannot be with your baby, you can collect your breast milk by using hand expression or a breast pump. First, wash your hands. Next, wash the breast pump or the container for your breast milk in hot, soapy water and rinse well.

To encourage your milk to let down

- Make yourself comfortable — relax, breathe slowly and deeply.
- Put a warm wet cloth on your breasts for several minutes.
- Massage your breasts for a few minutes. Use your finger tips to make small, gentle circles. Massage from your chest out to your nipple, moving around your breast. Repeat on other breast.
- Gently rub or roll your nipples.



### Hand expression

Place your fingers and thumb about 1 inch behind the nipple. Press back toward your chest; then roll your thumb and fingers toward the nipple.

Move your hand around your breast and continue for five to seven minutes, then switch to the other breast. Collect your milk in the clean container.



### Breast pumps

There are electric and hand pumps. Each breast pump is a little different. Talk with other mothers to find what pump worked best for them. Read carefully the directions for using and cleaning the pump you choose.

Hold the pump in place against your breast, centering it over your nipple. If you're using a hand pump, create suction by gently pulling and pushing the piston with your free hand. The electric pump moves the piston for you.

When the milk flow slows down, switch to your other breast. Repeat the breast massage, and pump or express each breast two or three times.



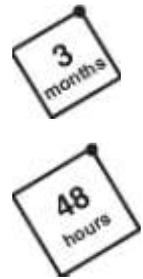
\*If your baby is hospitalized ask your health care provider for further instructions.

## Give yourself time

When you are first learning and not trying to save milk, practice hand expression in the shower. Or try it when your breasts feel extra full. In the beginning, you may express only half an ounce. Each time you practice, it will get easier, and you will get more milk. Think about how breast milk helps your baby stay healthy.

## Storing, thawing, and warming breast milk

1. Store your breast milk in clean plastic bottles or plastic nurser bags. If you plan to freeze the breast milk, use double bags.
2. Put the date and the baby's name on the container.
3. Put 2 to 4 ounces (60 to 120 ml) in each nurser bag or bottle. You need to throw away any breast milk left over after the feeding.
4. Refrigerate your breast milk, or put it on ice in a cooler. After it is cool, you may add it to other cooled or frozen breast milk. The amount you add should be less than what is already frozen. If you will not use the breast milk within 48 hours, freeze it. Leave some room at the top of the container. Milk expands as it freezes. You can store breast milk in the back (coldest) part of the refrigerator for 48 hours. You can freeze it for 3 months in a freezer with a door separate from the refrigerator. Use the oldest breast milk first. To thaw or warm it, gently shake the bottle or bag while holding it under warm running water. Warm it to room temperature. Do not heat it on the stove or in the microwave. Heating destroys substances in the milk that prevent illness. Microwaves can cause hot spots in the milk that may burn the baby.



You can work or go to school and continue to breastfeed. Stay at home as long as you can, so breastfeeding gets off to a good start. When you and your baby are together, breast feed frequently. When you are away you can do one of the following:

- Find a caregiver close to work or school. Go to your baby, or have your baby brought to you to breastfeed.
- Arrange for a place to collect and store your breast milk at work or school. Pump or hand express about every three hours. Keep the breast milk chilled. Leave your breast milk with the caregiver to feed the next day.
- Have the caregiver feed your baby formula. You may need to express milk during the day for comfort in the early weeks.

Gradually adjust to your new schedule by returning to work or school part time for awhile.

**Distributed by:**

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