

Tips for Going Back to Work

Start pumping while you are still in your maternity leave when the baby is 3 or 4 weeks old, so that your milk supply is established



Build up a small stockpile of milk in the freezer before you go back to work



Build a good relationship with the caregiver and teach responsive feeding in advance at least a week before going back to work and advise the following:



Tips for Going Back to Work



Holding the baby while feeding, with eye contact



Hygiene: washing hands and bottles



Discard any remaining milk that was not finished by the baby

What to use: a cup/bottle; How to warm expressed breastmilk; how much and how many times to give



Inform her not to feed the baby just before you return home

It's recommended that you don't feed your baby a bottle before you return back from work

Also:

Breastfeed frequently while at home, day and night

Breastfeed before you leave home and as soon as you get home

Go back to work on Wednesday or Thursday (next day is Friday) to adjust better

Check if daycare is available at your work or can go home to feed during your break if you live near your work

Inquire about your legal breastfeeding hours and use them

Express milk at work and keep in refrigerator or cooler bag with ice pack



Pumping tips at Work

You will require:

- A private and clean area
- Comfortable chair or place to sit
- Refrigerator or cooler bag to store expressed milk
- Time to express milk during breaks



How many times?

- Ideally as often as you breastfeed at home
- If working 7-8 hours per day : at least twice if possible



How long?

Single pump

(10_15 minutes for each breast)

Double pump (15min)

