

BREASTFEEDING

and Back to Work

Talk with your employer about work schedule and breaks.

Check to see if lactation stations are available at work.

Are you able to store your breastmilk properly at work?

Connect with other mothers and support groups.

Do you have a good support system?

- Family, friends, or community

Research breast pumps that will work best for you.

- Manual, battery powered, or electric

Consider breastfeeding your baby at the childcare facility during pick-up or right when you get home.

Research childcare options near your place of employment.

- Can you breastfeed in a clean and safe environment?
- Will the facility feed your baby the expressed milk?

Get ahead on your breast milk supply before returning to work.

Write down your breastfeeding desires and goals.

Use breastfeeding and expressed milk reminders at work.

- Outlook, post-it notes, and/or alarms

