

BREASTFEEDING and Back to Work

Talk with your employer about work schedule and breaks.

Check to see if lactation rooms are available at work.

Connect with other mothers and support groups.

Do you have a good support system?

Family, friends, or community

Research the breast pump 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 expressed milk?

Are you able to store your breastmilk properly at work?

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

Write down your breastfeeding desires and goals.

Use reminders at work.

Outlook, post-it notes, or alarms

