

## Pumping Plan for Work or School

Place to pump: \_\_\_\_\_

Time(s): \_\_\_\_\_

Place to store milk: \_\_\_\_\_

Childcare provider's phone number: \_\_\_\_\_

WIC Breastfeeding Specialist: \_\_\_\_\_

# Planning for Breastfeeding When Away from Your Baby

*Tips for Successful Breastfeeding*



Breastfeeding Notes:

**Maryland WIC**

Better Nutrition Brighter Future

1-800-242-4942 | [www.mdwic.org](http://www.mdwic.org)



Larry Hogan, Governor  
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You can continue to breastfeed when you return to work or school. You will give your baby the special gift of your milk, even when apart. This will help you keep the close bond with your baby and your baby will still get the many benefits of breast milk. Be creative! Here are some ideas from other mothers. One of these options may work well for you.

- ♥ Try to find a sitter who is close to where you work or attend school. Then you may be able to go to your baby or have him brought to you when it is time to nurse.
- ♥ Nurse when you are with your baby. Pump your milk while you and your baby are apart. Safely store the milk for your sitter to use the next work day.
- ♥ Nurse when you are with your baby. Have the sitter give your baby formula while you are working. You may need to express a little milk during the day for comfort in the early weeks.

### Timetable Before Leaving Baby with Someone Else

#### 10 - 14 days ahead of time:

Try pumping. Do not be surprised if you only get one ounce or less of breast milk at first – that is normal. Safely store the milk you collect to use at another time. Some hints:

- ♥ Pump at the times that you plan to be away from your baby.
- ♥ Moms often find that they get more milk when they pump in the morning.
- ♥ Some moms find it easier to pump after a feeding.
- ♥ Other moms find it easier to nurse on one side and pump on the other side.

### Facts Your Boss Will Want to Know

The law (Affordable Care Act, H.R. 3590) requires that, in most cases, employers allow women (unpaid) time to pump, and a private, non-bathroom space to do so until their babies are one-year old. Pumping at work benefits employers.

- ♥ Moms and dads of breastfed babies are less likely to miss work to care for a sick baby because breastfed babies are healthier.
- ♥ Employer healthcare costs are lower since both mom and baby are healthier.
- ♥ Breastfeeding women who are allowed to pump at work are happier, more productive employees.
- ♥ Businesses that give employees breastfeeding support have found they save money as a result.
- ♥ Employers have lower staff turnover rates.
- ♥ Employers have higher staff loyalty.
- ♥ Many companies find that breastfeeding support in the workplace improves overall company image and helps attract top-notch staff.
- ♥ Breastfeeding support in the workplace gives a positive return on investment (ROI).



## Talking about Breastfeeding at Work

Let your boss know that you plan to pump your milk when you return to your job. It is best to do this at least two weeks before you start back at work, so your boss has time to find a private place for you to pump. If you have talked about this with your boss while you were pregnant, talk to your boss again to be sure everything is set for you. You may be the first person to ask this at your work place, so they may need to learn about how to support your pumping breast milk in the work setting. Be sure to tell your boss that you will need:

- ♥ A private place (not the bathroom) with an electrical outlet. This space does not have to be large, (a 4 foot by 5 foot space works fine). It can even be a space used for other things when you are not pumping.
- ♥ Two to three, 20-minute breaks to express milk and clean your pump parts afterwards.

You'll need to discuss how your breaks will be handled. While the law requires that employers give you time to express milk, it does not require they pay you for that time. Some options are:

- ♥ Your boss agrees to pay you for your pumping break time.
- ♥ You can come to work early and stay late to make up for extra break time.
- ♥ You do work while you are pumping and, as a result, are paid for that time.
- ♥ You use lunch and other paid break times to express milk so you may not need to make up any time.
- ♥ You choose not to make up the time taken for pumping milk and are paid for a shorter workday.

Be sure to show your appreciation towards your boss for supporting breastfeeding!

## 10 - 14 days ahead of time (continued):

- ♥ Start giving your baby one bottle feeding a day. It is best for baby to be at least one month old. Choose a feeding time when you will be at work. Your baby may take the bottle better if given by someone other than yourself. It also may help if you are not in the room while the baby is being fed.
- ♥ While someone else is feeding your baby, pump more milk if you will be pumping when away. This will help you keep a good milk supply and get your body used to what you will be doing once you return to work or school.
- ♥ Nurse or pump in different places, like a friend's house. This may help you adjust to nursing at the sitter's or pumping at work or school.
- ♥ If you are pumping while the baby is not with you, place a picture of your baby where you can see it.
- ♥ Think about where you might pump at work or school. Talk to your boss about where there is a clean, private place for you to use.
- ♥ Think about clothes for work that will make it easy to nurse or pump. Things that open in the front and two piece outfits that have a shirt and skirt or pants work best.

## 7 - 10 days ahead of time:

- ♥ Leave your baby with a sitter for a short period of time. Be sure to leave some pumped breast milk or formula for the sitter to use.
- ♥ If you are not using pumped breast milk while apart:
  - ♥ Stop breastfeeding during one of the times you will be away. Give formula instead.
  - ♥ After a few days, replace another nursing time with formula, until you are nursing only when you and your baby will be together.

### The day before:

- ♥ Write down the times you most often feed the baby and ask the sitter to feed at these times if the baby seems hungry.
- ♥ Pack the diaper bag, your lunch, nutritious snacks for work, your pump and something to safely store your pumped milk.

### Storing Breast Milk Safely

**Note:** Breast milk looks thin and bluish-white. It may look different each time you pump. After a while, it may separate into two layers in the bottle. All of this is normal.

1. Store your milk in clean, hard plastic or glass bottles, or disposable breast milk storage bags.
2. Put enough milk for one feeding in each storage bag or bottle. Leave some space at the top if you plan to freeze the milk because it will expand when frozen.
3. Chill freshly pumped milk before adding it to frozen milk.
4. Label each bag or bottle with the date. Masking tape works well for this.
5. Your milk can be kept up to 4 days in the refrigerator and 3 to 6 months in the freezer. Place breast milk in the back of the refrigerator or freezer. Put newly pumped milk toward the back of the supply and move older milk to the front to be used first.
6. If you are at work or school and do not have a refrigerator, store your pumped milk in a cooler with ice packs.

### Thawing and Warming Breast Milk

To thaw frozen breast milk, do one of the following:

- ♥ Put the frozen milk in the refrigerator overnight.
- ♥ Set the bottle or bag in a bowl of warm water.
- ♥ Hold the bottle or bag under warm, running water. Swirl gently to mix.

Once thawed, breast milk should be used within 24 hours. It can be warmed by placing the bottle in a bowl of warm water or holding it under warm, running water. **Never use a microwave or heat on the stove.** The high heat can harm the breast milk. Microwaves can cause hot spots that could burn your baby.

