

BACK TO WORK BASICS

THIS CHECKLIST WAS DESIGNED LOOSELY TO HELP YOU ORGANIZE YOUR TIME AND TASKS, IF YOU FEEL LIKE ITS TOO STRESSFUL FEEL FREE TO TOSS IT 😊

BETWEEN 2-4 WKS OF AGE:

- Clean your pump parts and get familiar with it
- Introduce the bottle – this is a very important step!

Pump instead of feeding baby just this one meal, usually babies are taking anywhere from 2-4 oz of milk at this time, give the baby your fresh milk.

Use a stage 1 or slow flow nipple. We don't recommend a specific bottle.

Keep this practice weekly, maybe 3-4 times a week.

Pump both breasts at the same time, 20 minutes total on a high setting.

BETWEEN 3-6 WKS OF AGE (or midway between birth and return to work):

- Initiate extra daily pumps

Try to pump as soon as you can after you have nursed baby. Preferably at the early morning feeds (we will have more milk at this time!)

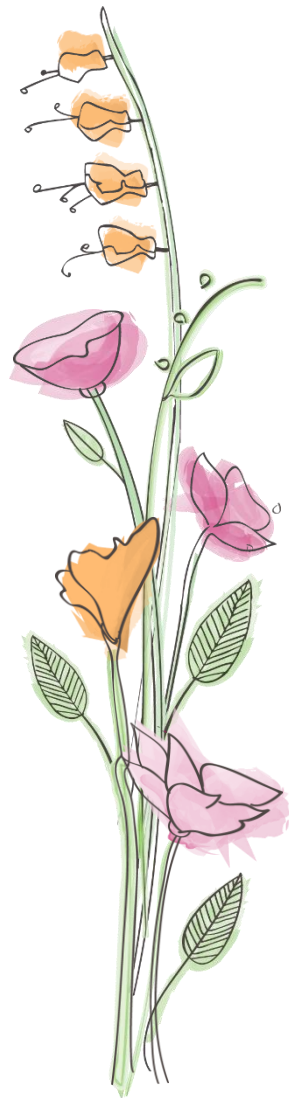
Store milk in small amounts 4 oz or so

Anything that you pump within 24 hours can be saved in refrigerator to be combined and then frozen.

- Decide on a storage solution – bags are most common
- Keep breastfeeding your baby
- Some moms find it useful to start an herbal or dietary regimen to help increase your supply Fenugreek, lactation cookies (oats, brewers yeast, flax seed)

WHO IS TAKING CARE OF BABY:

- Daycare/Nanny interviews
- Write out a typical schedule for baby while in their care
- Practice day set up prior to return



1-2 WEEKS BEFORE RETURN:

Talk with your employer/HR about your breastfeeding needs (There is actually a law for this!)

Also you may find it helpful to have a short first week if possible

- Schedule a practice day – send baby to childcare and pump on schedule
- Pack YOUR work bag
 - Pump and pump parts
 - Storage solution, cooler pack
 - Baby's PJs 😊
 - Small hand towel
 - Breast pads
 - Handsfree options – bra, rubber bands as back up
- Join or attend a support group for working breastfeeding moms

EXAMPLE DAILY SCHEDULE

6 am: Wake up, **Nurse**, shower, EAT BREAKFAST YAY!
7:30 am: Leave the house
8:00 am: Baby drop-off, **Nurse baby again**
8:45 am: Arrive at work
10:00 am: **Pump #1**
12:30 pm: EAT LUNCH YAY! (maybe call to check on baby 😊) **Pump#2**
3:00 pm: **Pump #3**
5:00 pm: Leave work
5:30 pm: Baby pick-up, **Nurse**
6:00 pm: Get home, EAT DINNER YAY!
7:30-8:00 pm: Baby's night-time routine, **Nurse**
8:00 pm: Clean out work/pump bag, re-pack for tomorrow
10:00 pm: Bedtime
(optional dream feed or additional pump)

Either rinse your pump parts and wash at home, or store them in refrigerator until you leave work and rinse and wash them at home.

In the evenings and on weekends, breastfeed as often as you like!

NO judgements on what you decide is best for you and your family



MILK STORAGE GUIDELINES

Room Temp (60-80 degrees)	4-6 hours	No need to warm or cool, ready to give to baby when needed
Insulated Cooler (<59 degrees)	24 hours	Warm as needed in bottle warmer or under warm running water
Refrigerator (32-39 degrees) Store in hold of refrigerator, not in the door	3 days - Fresh milk 24 hours - Thawed milk	Warm as needed in bottle warmer or under warm running water
Freezer (<39 degrees)	3 months	Transfer milk from freezer to refrigerator to thaw the day before usage. For faster thaw hold under warm running water
Deep Freezer (0 degrees)	6-12 months	

Store milk in small amounts, 4 oz increments would be ideal

Fat will rise to the top of your container, this is normal. Either stir or swirl the container to mix together again; try not to shake the milk

If combining fresh milk with already stored milk, make sure to cool the fresh milk prior to combining (Do not mix warm milk with frozen milk)

DO NOT REFREEZE MILK

NEVER MICROWAVE HUMAN MILK

