



Breast-Feeding and Work

It's common for new mothers to go back to work while they're still breast-feeding. Choosing a supportive caregiver and the right breast pump are essential. Breast-feeding can be a satisfying experience and you can continue to be efficient and productive in your job.



Feeding Schedules

Breast-feed before you leave home. If possible, go to your baby on your lunch hour to breast-feed, or have your caregiver bring your baby to you. Feed your baby as soon as you get home and in the evening. You may want to talk to a lactation consultant to plan for your return to work.

Breast Pumps

Choose a fully automatic double-pumping breast pump in order to continue to build and maintain your milk supply. Consider portability and ease of cleaning when you choose a breast pump. Some women find that pumps with intermittent pressure are more comfortable.

Start using your breast pump one to two weeks before returning to work. You can begin to freeze this milk for later use. At work, pump two to three times a day in order to maintain milk supply.

Always carry plenty of nursing pads and breast shields with you. Bring disposable wipes and paper towels for easier cleanup. Use tape or labels to mark milk containers. If you don't have a refrigerator at work, bring a small cooler with a plastic, refreezable ice pack.

Your Wardrobe

Comfortable, easy-to-clean clothes work best. Wear shirts or blouses that button in the front or pull up easily. Avoid solid colors and whites. Bright, patterned blouses and dark colors can help mask leaking and hide breast pads. Wear a nursing bra and keep a spare shirt or blouse at work as a backup in case of leakage.

Talk to Your Coworkers

Try to gain the support and interest of your coworkers by talking to them about breast-feeding.