



Breastmilk MANAGEMENT

Going Back to Work and Successfully Continuing to Breastfeed

Women everywhere are successfully combining breastfeeding and working. Advanced planning, family and workplace support, and a high quality breastpump make it work for working moms. The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months. The longer babies are breastfed, the greater the health benefits for both mom and baby. Breastfeeding is good for your employer too – it reduces absence from work for baby’s illnesses.

Breastfeed often in the evenings and learn how to breastfeed lying down while you rest. Nighttime breastfeeding boosts your supply! If your supply is low, breastfeeding or pumping more often is the simplest way to increase supply.

Benefits of Breastfeeding	
For Baby	For Mom
Breastfed infants have fewer and shorter episodes of illness	Convenient and always ready for baby
Nutrition provided by breastmilk benefits you on baby’s IQ	Benefits the overall health of mothers
Reduce the risk of obesity and hypertension	Just the right temperature, and is the healthiest choice at the least cost
Helps the baby’s immune system mature	Increases the rate of weight loss in most mothers
Increases the effectiveness of immunizations	Breastfed babies are healthier, and mothers miss less work and spend less time and money on pediatric care.
Protects against developing chronic diseases	
<p>...there are many other benefits to breastfeeding. Go to www.medela.com to see references and find more.</p>	

Choosing the Right Pump & Accessories

It is important to select the best breastpump and accessories for your work situation. Many working moms choose Freestyle™, Pump In Style® Advanced or a hospital-grade breastpump such as Symphony®. These pumps offer superior performance, comfort, and convenience. Medela pumps have vehicle lighter adaptors and battery packs for convenience. Call 1-800-TELL YOU for a local rental location or visit www.medela.com.

Choosing the correct size breastshield is important to the flow and comfort to moms who are pumping. Medela makes PersonalFit™ Breastshields in a variety of sizes to fit your needs. Check with your lactation consultant for help in providing you with the proper fit.

Choosing a Childcare Provider for Your Baby

Choose a childcare provider you trust who is comfortable caring for your breastfed baby. You can also check with your state or county for a list of licensed childcare providers. By choosing a childcare provider that is close to your workplace, you can visit your baby and breastfeed during lunch.

You and Your Milk Supply

Your milk supply is established in the first days after birth. You should breastfeed your baby frequently to help produce lots of milk. Enjoy the time after your baby is born to rest and regain your energy. It is recommended to avoid bottles when you and baby are together. You may begin offering small bottle feeds when the baby is 3-4 weeks old to help him get used to bottles and once breastfeeding is well established.

Once you are back to work, flexible scheduling, telecommuting, and job sharing can help. Breastfeed your baby before you leave for the day. Some moms fit in one last breastfeeding at the daycare provider. Breastfeed as soon as you are together again at the end of the day. While you are at work, plan three 15-minute pumping breaks during each 8-hour workday. If you shift is longer than 8 hours, try to add another short pumping session. Double pumping cuts down pumping time, but it is important to pump for 12-15 minutes during each break. Mothers can pump into the same bottles at different pumping sessions on the same day as long as the milk is kept chilled.



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First Week of Work

It can be overwhelming for a new mom to begin work. Start slowly, with a few hours or a half-day, beginning mid-week. It is normal to feel tired at first. On days off, nap with your baby. Enjoy your time together, and breastfeed often. Protect your milk supply by pumping often while away and breastfeeding when you are with your baby. Avoid becoming overly full, as engorgement sends a signal to your body to slow milk production down. You may find it helpful to have the support of another pumping mom to talk to.

Pumping at Work

The milk you pump at work one day is used the next day to feed your baby. Store your milk in Medela's BPA-free breastmilk collection bottles or in disposable bags specifically designed for breastmilk, such as BPA-free Pump & Save™ Bags, by Medela. Frozen milk can be stored in 1-3 oz. containers and thawed when needed to use as back-up supply. After pumping, cool your milk in a refrigerator or cooler. Use a cooler carrier with frozen ice packs to transport your milk from work or to your daycare provider.

If you travel for work, milk can be shipped packed in dry ice, or shipped on airlines packed in cooler containers with dry ice packs. Check online to see what the rules and regulations are for your local airport.

Medela offers breastpumps that are ideal for pumping at work. The Freestyle™ and Pump In Style® Advanced include everything you need to double pump in convenient carry bags and feature 2-Phase Expression® for more milk in less time. In addition, Freestyle is uniquely small and lightweight and includes accessories for optional hands-free pumping.

Here are some other tips for at-work pumping: Two-piece clothing that opens easily at the waist makes pumping easier. Some moms have two (2) pump kits, one (1) for home use and one (1) clean at work. If there is no space or time to wash pump parts after pumping, some moms refrigerate their pump parts and reuse. They save washing parts until they return home. Medela's Quick Clean™ Micro-Steam™ Bags provide handy easy clean-up in the workplace.

Resource and References

Got to www.medela.com to educate yourself on products and information available for you and your baby.

To locate Medela products or a breastfeeding specialist in your area, go to www.medela.com or call 1-800-TELL YOU, 24 hours a day, 7 days a week.

Breastmilk Storage (For Healthy Term Babies)					
	Room Temperature	Cooler with 3 Frozen Ice Packs	Refrigerator	Self-contained Refrigerator Freezer Unit	Deep Freezer
Freshly expressed breastmilk	4 hours at 66-72°F (19-22 °C) ¹	24 hours at 59 °F (15 °C) ¹	5-7 days at 32-39 °F (0-4 °C) ²	3-4 months ³	6-12 months at 0 °F (-19 °C) ³
Thawed breastmilk (previously frozen)	Do not store	Do not store	24 hours ⁴	Never refreeze thawed milk	Never refreeze thawed milk

Some other excellent resources include:

- International Lactation Consultant Association www.ilca.org
- La Leche League International www.llli.org
- United States Lactation Consultant Association www.uslcaonline.org

References:

¹Hamosh M, Ellis L, Pollock D, Henderson T, and Hamosh P: Pediatrics, vol. 97, No. 4, April 1996. pp 492-497. (4 hours at 77° F/25° C).

²Sosa, Roberto; Barness, Lewis: AJDC, Vol. 141, Jan. 1987.

³Lawrence R, and Lawrence R: Breastfeeding: A Guide For the Medical Profession, 1999, p.894.

⁴Arnold L; Recommendations for Collection, Storage and Handling of a Mother's Milk for Her Own Infant in the Hospital Setting, 3rd Edition. The Human Milk Banking Association of North America, Inc. 1999, p.18.

