

Breastfeeding for the Working Mom

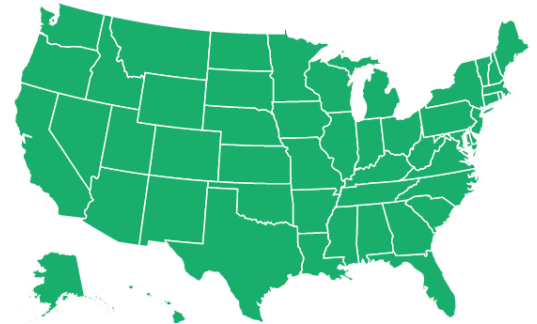
Tips and Advice for Pumping

Myths: The barriers of pumping

- ◆ There are no benefits
- ◆ Requires many supplies and is too difficult
- ◆ Time consuming
- ◆ Lack of accommodations

Benefits

- ◆ Fits your schedule
- ◆ Offers all nutritional requirements for your baby
- ◆ Allows family to feed and bond with the baby



Since 2005, 85% of women in the US have pumped before whether it be once or on a daily basis.



Find a comfortable place for you to pump.



Invest in an efficient pump to maximize your time.



Wash hands thoroughly and put the pump together.



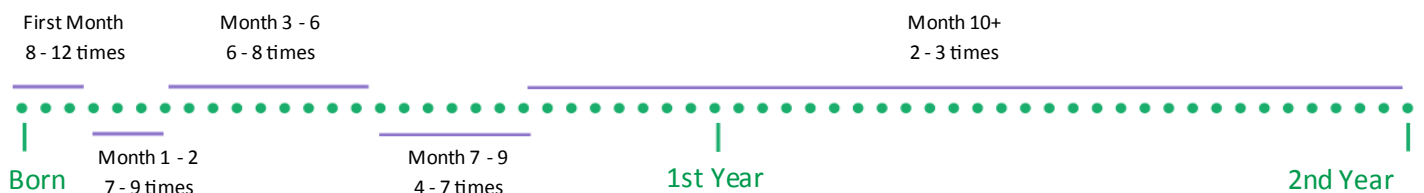
Stimulate breasts by massaging and senses by thinking of your baby.



Start with a low setting and gradually increase as you feel comfortable.

Frequency per Day

It is recommended to pump as often as you would breastfeed. It only takes about 15 minutes!





YOUR RIGHTS



Break Time for Nursing Mothers Law

“The Patient Protection and Affordable Care Act amended section 7 of the Fair Labor Standards Act to require employers to provide ‘reasonable break time for an employee to express breast milk for her nursing child for 1 year after the child’s birth each time such employee has need to express the milk.’ Employers are also required to provide ‘a place, other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public, which may be used by an employee to express breast milk.’ ” (US department of Labor)

If your employer does not already have a breastfeeding policy in place for employees, talk to your employer prior to going on maternity leave and offer to help create a space for yourself. Other moms may be welcomed by your employer.

Tips

Relax. This will allow your milk to flow better.

Keep spare parts such as batteries in your car, purse, or working office.

Wash pump parts everyday and sanitize once a week.

Allow approximately 15 minutes to pump.

Drink lots of fluids.



Guidelines



Room temperature: 4 - 6 hours



Refrigerator: 3 - 8 days



Freezer: 6 - 12 months



Never microwave breastmilk

Resources

<http://www.medelabreastfeedingus.com/medela-at-work-for-moms> <http://lactationmatters.org/2012/05/17/pumping-strategies-for-the-working-mother/> <http://www.thealphanparent.com/2011/12/timeline-of-breastfed-baby.html>



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