

## *Making breastfeeding work at work*

### **Before leaving On Your Maternity leave**

- Meet with your supervisor/manager to discuss your plan to continue breastfeeding when you return to work. Begin to explore possible options.

### **Before Returning To Work**

- Meet with your supervisor/manager to develop a plan to continue breastfeeding. Let him/her know what you will need and what he/she can do to help you.
- Discuss the possibility of starting back to work part way through a regular work week so that your first week is short. Another possibility is returning part-time and gradually increasing to full-time. Working from home part of the day may be another possibility to ease back into work, while incorporating breastfeeding into the workday.
- You may want to get your baby used to drinking from a bottle or a cup so your baby can be fed pumped breastmilk while you are at work.
- Learn about expressing and storing breastmilk. Find the method of expression that works best for you. For more information call local community supports or refer to breastfeeding basics, a free Public Health resource. Begin storing your breastmilk about two weeks prior to returning to work to ensure that your baby has enough.
- Check your wardrobe. Two-piece outfits are a more practical choice when breastfeeding or expressing milk at work. Patterned tops can hide leakage and/or the contour of the nursing pad. It may be useful to keep a sweater at work just in case.
- Perform a test run workday. Arrange for the baby to be left with a caregiver for a typical workday. Breastfeed and/or pump as you would during a workday. As a result, any kinks can be worked out.

### **When You Are Back To Work**

- Stay organized. This can decrease the stress associated with returning to work and maximize your success with continuing to provide your baby with breastmilk.
- Give yourself time in the morning to breastfeed at least once and breastfeed right after you return from work. At work, pump or breastfeed as often as you would if you were at home with your child. When at home, breastfeed as often as you can. This will help maintain your milk supply.
- Don't sweat the small stuff. Decide what is important and accept help from family and friends.
- Eat and drink well and get enough rest.
- Talk to other women who have combined work and breastfeeding. Provide feedback to your supervisor or manager about your progress.

