

## Returning to Work or School

You can work or go to school and continue to breastfeed. Be creative and find what works for you! Here are three choices:

1. Find a babysitter or day care close to work or school. Go to your baby or have your baby brought to you to breastfeed.
2. Breastfeed before and after work or school. Hand express or pump your milk at work or school. Give your milk to the sitter to feed to the baby the next day.
3. Breastfeed before and after work or school. Have the sitter give your baby formula (artificial baby milk) while you are gone. You may need to express milk during the day for comfort in the early weeks.

### To continue offering your baby breastmilk only:

#### 2-4 Weeks Ahead of Time:

- Begin to express your milk a few times each day. Some women find it easiest to nurse their baby on one breast, while expressing on the other. Try to follow the same schedule that you will use when you return to work or school. You can build up a frozen supply of breastmilk this way.
- Breastfeed and express in different places, such as the homes of relatives and friends. It will then be easier to breastfeed at the sitter's and at work or school.
- When your baby is at least one month of age, have dad, grandma, or another adult begin offering a complementary bottle of breastmilk once a day. Remind them that it will take some patience and time for the baby to learn a new way to feed.
- Develop **your** plan for combining work/school and breastfeeding!

#### A Few Days Ahead of Time, Practice Your Breastfeeding Routine:

- Take your baby (and breastmilk) to the day care/sitter.
- Breastfeed before you leave your baby and as soon as possible when you pick your baby up or arrive home.
- Write down your usual feeding times for the sitter and ask her to feed your baby near these times.
- Ask the sitter not to feed your baby right before you pick him/her up.
- Don't be surprised if your baby wants to breastfeed more often when you are together. Try not to offer bottles, especially of formula (artificial baby milk), at these times. The more often you breastfeed, the more milk you will have.
- Provide extra breastfeedings at night, and on days off.
- Arrange to return to work later in the week at first, if possible.
- Try to go back to work part-time at first, if possible.

### If you plan to give your baby breastmilk and formula (artificial baby milk):

#### 2 Weeks Ahead of Time:

- Choose an iron-fortified formula (artificial baby milk).
- Slowly begin offering formula (artificial baby milk) for those feedings that you will be away from your baby.
- Each week, replace no more than one daily breastfeeding with formula (artificial baby milk).
- Watch your baby closely for any signs of problems with the formula (artificial baby milk). If your baby shows any signs of problems with formula, you can return to fully breastfeeding.

**Remember that it's best to give your baby only breastmilk for the first six months.**

**Whatever time you spend breastfeeding is good for you and your baby.**

*Illustrated by: Lisa Penny.*

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## Breastfeeding Basics

# COLLECTING AND STORING YOUR MILK



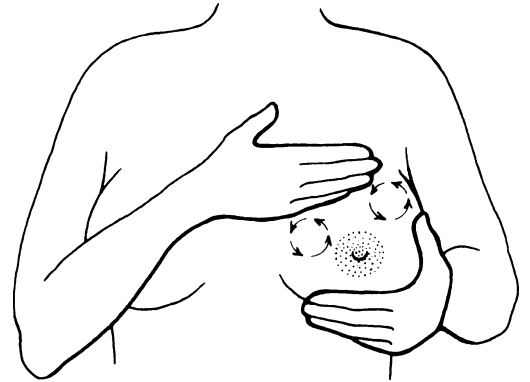
## Collecting Your Milk\*

You can collect (express) your breastmilk when you are unable to breastfeed your baby. This can be done using hand expression or a pump. Hand pumps work well for many moms who only need to express milk occasionally. Full-size or mid-size electric breastpumps that can pump both breasts at the same time save moms time and are very efficient. You may be able to receive a hand pump or borrow an electric pump from your WIC clinic. Breast pumps are also available from your local La Leche League group or local breast pump sales/rental outlet. Ask your WIC breastfeeding educator for information and help.

Wash the pump or container you will use to collect your milk in hot, soapy water; rinse well. A margarine tub or a plastic coffee cup cone works well if you plan to use hand expression. With practice, you can express directly into a collection bottle.

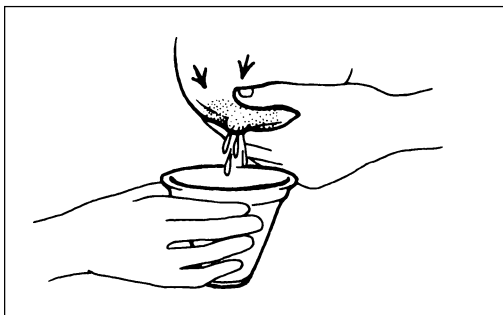
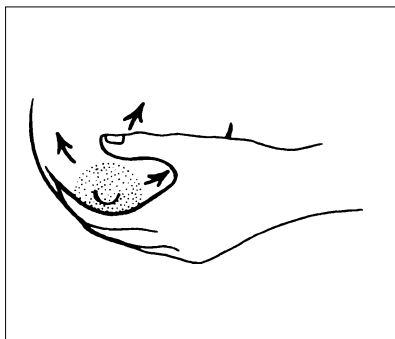
Begin by washing your hands well with soap and water. Put a warm washcloth on your breasts to help your milk flow. (When you are first learning, you may want to practice in the shower.)

Massage your breasts for a few minutes. Do this by placing one hand under your breast for support. Apply gentle pressure using a circular motion with your other hand. Massage from several starting points, always working from the chest toward the nipple. Repeat on your other breast.



### Hand Expression

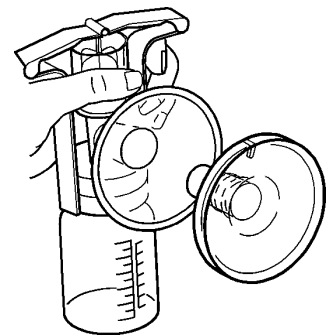
Place your fingers and thumb about 1 inch behind the nipple. Press back toward your ribs and squeeze in and down toward the nipple.



Move your hand around your breast and continue.  
Collect your milk into your clean container.

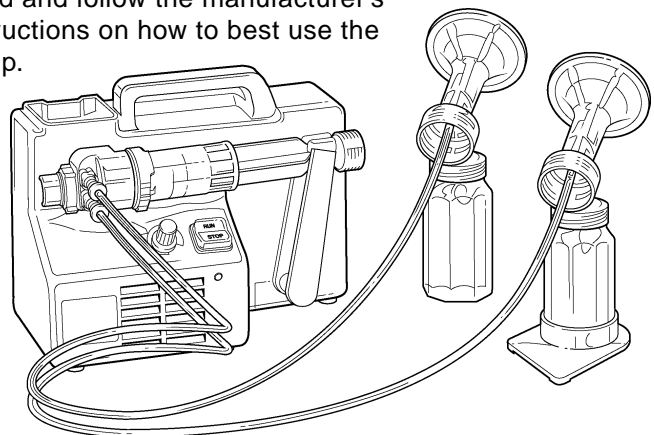
### Hand Pump

Read and follow the manufacturer's instructions on how to best use the pump.



### Electric Pump

Read and follow the manufacturer's instructions on how to best use the pump.



When milk flow slows down, switch to your other breast. Then massage both breasts again and express some more. Expressing your milk gets easier with practice and works best when your milk supply is built up. Most moms get more milk in the mornings. Don't be discouraged if you can express only a small amount at first. The more you practice, the easier it will get!

## Storing Your Milk

1. Store your milk in a sterile glass, hard plastic bottle or freezer bags specially made for storing human milk.
2. Put enough milk for 1 feeding in each bottle. Do not overfill.
3. Label with the date on masking tape.
4. Your milk may be stored:
  - in a refrigerator at 39°F for up to 8 days.
  - in a freezer compartment with a separate door for up to 3 to 4 months.
  - in a separate deep freeze that stays at zero degrees Fahrenheit for up to 6 months or longer.
5. Expressed milk can be kept in a common refrigerator at the workplace or day care center. The U.S. Centers for Disease Control and Prevention and the U.S. Occupational Safety and Health Administration state that human milk does not require special handling or storage in a separate container.
6. If you don't have a refrigerator or freezer close by when you collect your milk, pack your milk on ice in a container.
7. Use the oldest milk first.
8. Thawing should be done in lukewarm water in a small bowl. Do not let water touch the lid of the bottle. Shake the bottle gently to mix. Do not boil or microwave it.
9. You should hand express or pump about every three hours.

*\* This information applies to mother who: have healthy, full-term babies; are storing their milk for home use (not hospital use); wash their hands before expressing; and use containers that have been washed in hot, soapy water and rinsed.*