

Breastfeeding and Going Back to Work or School

**FOLLOW
THESE TIPS
TO PUMP AND
STORE YOUR
BREASTMILK**



Make breastfeeding work for you

If you plan to return to work or school after your baby is born, you can still breastfeed!

If you will miss one or more of your baby's usual feedings, you can pump your

breastmilk while you are away. The milk you pump can be used to feed your baby on another day.

The more often you pump your breastmilk while you are away from your baby, the more milk your body will make and the longer you will be able to continue breastfeeding. The number of times you need to pump when you are away depends on your baby's age, how long you will be apart from your baby, and how often your baby breastfeeds when you are together. It is always best to pump at your baby's usual feeding time.

If you choose not to pump your breastmilk while you are at work or school, you can still breastfeed your baby before you leave home each day and after you return.



**DOCTORS SAY
IT IS BEST TO FEED
YOUR BABY ONLY
BREASTMILK UNTIL
HE IS AROUND
6 MONTHS OLD**

Breastfeeding Laws in Rhode Island

Employers should provide a breastfeeding mother with flexible breaks and a safe, clean, private place to pump breastmilk or breastfeed her child.

Section 23-13.2-1 (2003)

A woman may breastfeed or bottle-feed her child in any place open to the public. *Section 23-13.5-1 (2008)*

Federal Breastfeeding Law

The United States Patient Protection and Affordable Care Act requires nationwide workplace lactation accommodations:

www.dol.gov/whd/nursingmothers



Planning your return to work or school

Talk with a breastfeeding specialist about your plans for returning to work or school.

Talk to your human resource manager, supervisor, or student advisor about your breastfeeding plans before you go back to work or school to make sure you have the support you need to keep breastfeeding. Many employers and schools will help you continue to breastfeed when you return to work or classes.

- » Ask about your options, like going back part time for a while or working at home for part of each day or week.
- » Find out where you can breastfeed or pump milk for your baby in a safe, clean, private space other than a toilet stall.
- » Ask about other ways your employer or school can help you continue to breastfeed, such as allowing flexible breaks.
- » Give your employer the tear-off card in this brochure called *Breastfeeding in the Workplace*.

Helpful Tips

When your baby is a month old, begin giving her a bottle with your breastmilk three times a week so that she gets used to taking it. In the beginning, your baby may be more comfortable taking a bottle from someone other than you.



A couple of weeks before going back to work or school, begin pumping your breastmilk once a day to become comfortable with the process. Then you will have enough milk stored for your baby when you first return to work or school.

Share your breastfeeding plans with the person who will care for your baby while you are at work or school:

- » Provide information on storing, thawing, and feeding breastmilk.
- » Discuss your baby's usual feeding schedule. Ask the caregiver to time your baby's last feeding so your baby is hungry and ready to breastfeed when you arrive. Call if you are going to miss a feeding or be late.
- » Provide a back-up supply of frozen or refrigerated pumped breastmilk in case your baby needs to eat more often than usual.
- » If possible, arrange to have your baby brought to you or go visit your baby at lunch to breastfeed.
- » Ask for a comfortable place to breastfeed during drop-off, pick-up, or visits.

Breastfeed your baby during the evenings, before bed, and on weekends as often as possible.

Pumping your milk

Wash your hands before pumping.

Use clean breast pump parts sterilized after a day of use in a dishwasher or boiling water. You do not need to wash the tubing of electric pumps.

Hold the flange in place against your breast, centering the opening over your nipple.

- » If you are using a hand pump, create suction by gently pulling and pushing or squeezing the handle with your free hand, or using a foot pedal, imitating the nursing rhythm of your baby.
- » If you are using an electric pump, the motor will create suction for you. Starting at the lowest speed and suction level, find the strongest settings that are comfortable.
- » Pump for up to 15 minutes on each side, until the milk stops flowing.

Pump breastmilk into either a clean bottle or special breastmilk collection bag.

- » Fill the container with only 2 to 4 ounces of breastmilk to avoid wasting unused milk.
- » Leave some space at the top of the bottle or bag if you plan to freeze the breastmilk. Breastmilk expands as it freezes.

Label the container with:

- » Baby's name
- » Date and time that the breastmilk was pumped

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Pumping Tip

Before pumping, gently massage your breasts and hand express several drops of milk. Massaging your breasts while pumping and starting the milk flow by hand can increase the amount of milk you collect. To learn how to hand express your milk, contact any of the Warm Lines on the back of this brochure or visit <http://newborns.stanford.edu/Breastfeeding/HandExpression.html>

Storing fresh breastmilk

STORAGE METHOD	TIME LIMIT
Room temperature (77° or less)	4 hours
Insulated bag/cooler with ice packs	24 hours
Refrigerator » Use or freeze within 72 hours	72 hours
Home freezer	3 months

When storing fresh breastmilk in the refrigerator or freezer:

- » Place breastmilk storage bags inside a larger bag or bowl to prevent tearing and holes.
- » Store breastmilk in the back of the freezer. Never store breastmilk on the freezer door or in the front of the freezer.

Always carry breastmilk between your home and child care in an insulated bag or cooler with ice packs.



Talk with a breastfeeding specialist if you have concerns about pumping or storing your milk.

Thawing frozen breastmilk

Tips for safely thawing frozen breastmilk:

- » Never thaw breastmilk on the stove, in a bottle warmer, or in the microwave. Heating breastmilk in these ways destroys important nutrients that protect your baby's health.
- » Thawed breastmilk may be kept in the refrigerator or an insulated bag/cooler with ice packs for up to 24 hours.
- » Never refreeze thawed breastmilk.

There are three different ways to thaw frozen breastmilk:

- » **Method 1:** Thaw breastmilk in the refrigerator.
- » **Method 2:** Hold the container of breastmilk under warm running water until the milk thaws and reaches room temperature.
- » **Method 3:** Swirl the container of frozen breastmilk in warm water until the milk thaws and reaches room temperature.

Feeding Tips

- » Use oldest breastmilk first.
- » Feed your baby breastmilk that is cool, at room temperature, or warmed by thawing.
- » Swirl the bottle to mix the breastmilk.
- » Follow your baby's lead in the amount of breastmilk to feed. Stop feeding your baby when he loses interest.
- » Throw away any breastmilk left in the bottle within one hour after the feeding.
- » Do not reuse bottles until they have been cleaned.

Breastfeeding in the Workplace

WHAT EMPLOYERS NEED TO KNOW

Breastfeeding is Good Business

Employers that accommodate breastfeeding in the workplace benefit from:

- » Fewer infant medical expense claims because of lower rates of infant illness.
- » Reduced staff turnover and loss of skilled workers after childbirth.
- » Higher employer and employee satisfaction.
- » Recognition as a family-friendly employer.
- » Having breastfeeding employees with:
 - ~ Fewer missed work days to care for sick infants.
 - ~ An earlier return to work after childbirth.
 - ~ Decreased levels of maternal stress.
 - ~ Improved productivity and staff loyalty.

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Federal Law

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www.dol.gov/whd/regs/compliance/whdfs73.htm





Tips for Supporting Breastfeeding Employees

To help employees successfully breastfeed when they return to work, employers can provide:

- » Flexible work schedules to allow moms time to breastfeed their babies or pump breastmilk during the workday.
- » A safe, clean, and private space other than a toilet stall where they can pump breastmilk.
- » A sink near the pumping space where they can clean pumping equipment.

Other opportunities for breastfeeding support:

- » Develop and distribute a written policy outlining organizational support for breastfeeding employees.
- » Provide information on the benefits of breastfeeding to all employees.
- » Sponsor the services of a lactation consultant for breastfeeding employees.
- » Provide pumping equipment for breastfeeding employees to use while at work.

To be recognized as a Breastfeeding-Friendly Workplace, visit and complete the survey posted at www.health.ri.gov/awards/breastfeedingfriendly

**VISIT WWW.HEALTH.RI.GOV/BREASTFEEDING
OR CALL THE FAMILY HEALTH INFORMATION LINE
AT 401-222-5960 FOR ADDITIONAL INFORMATION OR
TECHNICAL ASSISTANCE**

Breastfeeding Warm Lines

Mothers may call any of these numbers with questions or concerns about breastfeeding. Support groups are also available through many of these hospitals.

KENT HOSPITAL 737-7000 x3332

Lactation consultant will return call.

LANDMARK MEDICAL CENTER 769-4100 x2218

24-hour call-in assistance is available.

MEMORIAL HOSPITAL OF RI 729-2291

24-hour call-in assistance is available.

NEWPORT HOSPITAL 845-1110

24-hour call-in assistance is available.

SOUTH COUNTY HOSPITAL 782-8020 x1226

Lactation consultant will return call.

WESTERLY HOSPITAL 348-2229

24-hour call-in assistance is available.

WOMEN & INFANTS HOSPITAL 1-800-711-7011

Monday through Friday 9 a.m. to 9 p.m.

Saturday and Sunday 9 a.m. to 5 p.m.

Leave a message and a nurse will return your call. Appointments are available for mothers after hospital discharge. Services are provided in English and Spanish.

Breastfeeding Resources for Mothers

FAMILY HEALTH INFORMATION LINE 222-5960

Bilingual answers to breastfeeding questions and referrals to local resources

RHODE ISLAND DEPARTMENT OF HEALTH 222-5960

www.health.ri.gov/breastfeeding

Breastfeeding information and resources for RI mothers and health care providers

WOMEN, INFANTS & CHILDREN (WIC) 222-5960

www.health.ri.gov/wic

Breastfeeding promotion and support in the Rhode Island WIC Program

LA LECHE LEAGUE INTERNATIONAL 1-800-LALECHE

www.llli.org

(1-800-525-3243)

Support from other breastfeeding mothers by telephone or at local meetings

NATIONAL WOMEN'S HEALTH INFORMATION CENTER 1-800-994-WOMAN
(1-800-994-9662)

www.womenshealth.gov/breastfeeding

Bilingual breastfeeding information and resources for mothers