



# You can work *and* breastfeed!

Florida Child Care Food Program, [www.doh.state.fl.us/ccfp](http://www.doh.state.fl.us/ccfp)

## Congratulations on choosing to breastfeed.

Both you and your baby will receive health and emotional benefits from breastfeeding. Many new moms are concerned with how they will be able to continue breastfeeding when going back to work or school.

Following are tips to help with this transition.

### During maternity leave

- Breastfeed often to build up your milk supply
- A couple weeks before returning to work or school, allow your baby to practice drinking from a bottle
- Start expressing and storing your milk about 2 weeks before returning to work or school
- Talk to your employer about returning to work gradually (if possible) and your commitment to breastfeeding

### Collecting your milk

- Collect your milk in clean bottles or storage bags made for breast milk
- Label each container with the date and time you expressed the milk
- Eat a healthy diet and drink enough fluids to keep up your milk supply

### Returning to work

- Identify where and when you will pump
- Express your milk at least every 3 hours
- Be familiar with breast milk storage guidelines (see below)
- Look at pictures of your baby while you pump
- Breastfeed whenever you are with your baby to keep up your milk supply

### Storing your milk

- Store your milk in clean bottles or storage bags made for breast milk
- Put only enough milk for one feeding in each bottle or bag
- Store in a refrigerator at 41° or below for up to 8 days
- Store in the freezer compartment of a home refrigerator at 32° or below for 3-4 months
- Store in a deep freezer below 0° for 6 months or longer



### For more information, visit:

- [www.floridawic.org](http://www.floridawic.org)
- [www.workandpump.com](http://www.workandpump.com)
- [www.womenshealth.gov/breastfeeding/](http://www.womenshealth.gov/breastfeeding/)
- [www.breastfeedingusa.com](http://www.breastfeedingusa.com)

