

breast & chest feeding it's worth it!

Before Baby

- Talk to human resources, supervisor, or student services about your pumping plans.
- If your job or school has a lactation room, visit the area and ask how to use it.
- Find out how to get a pump (insurance or buy your own).
- Talk to different child care providers before making a choice.

What to Pack

Be sure to wash/clean hands prior to pumping. It is recommended to clean pump parts after each use. Sanitize once a day.

Need to have:

- Breast pump
- Milk storage bags/bottles
- Pen to label pumped milk or labels for milk containers
- Ice packs and insulated bag¹
- Soap to clean breast pump (you can always use breast pump wipes or microwaveable breast pump bags)

Nice to have:

- Healthy snack & water
- An extra set of breast pads, if you use them
- Spare pump parts or batteries in case of power outage

¹Check if there is a refrigerator you can use.

Human Milk Storage Guidelines*

	Countertop or Table	Refrigerator	Freezer with Separate Door	Deep Freezer
Storage Temperatures	Up to 77°F (25°C)	At or below 40°F (5°C)	At or below 0°F (-18°C)	At or below -4°F (-20°C)
Freshly Pumped/Expressed Human Milk	Up to 4 hours	Up to 4 days	Up to 6 months	Up to 12 months
Thawed Human Milk	1-2 hours	Up to 1 day (24 hours)	Never refreeze thawed human milk	

Leftover from a feeding (baby did not finish the bottle)

Use within 2 hours after the baby is finished feeding

*Storage times and temperatures may vary for premature babies. If you are pumping for medical reasons, talk to your health care provider for more information.

WORK OR SCHOOL – Plan for your breastfeeding success and talk about your pumping needs*

Knowledge + Support + Confidence = Success

Before You Go Back

- Set up a pumping schedule with supervisor or teachers.
- Offer a bottle once or twice a day a few weeks before you return to work or school.
- Talk with your child care providers about feeding your pumped milk to your baby.
 - **To defrost milk:** Thaw in fridge or place under cool running water.
 - **To warm up milk:** Place bag or bottle in a bowl with warm tap water or hold bag or bottle under cool running water, raising temperature slowly.

Resources

 For resources to support your return to work or school, visit: www.itsworthitct.org/for-parents/back-to-work-or-school

 Your rights & the law: www.breastfeedingct.org/laws

 Find lactation professionals near you, if you need one! www.zipmilk.org

 What to ask child care providers: <https://www.breastmilkcounts.com/back-to-work/child-care-facility-support/>

 Tips to maintain your milk supply: <https://wicbreastfeeding.fns.usda.gov/low-milk-supply>

 How to hand express milk: www.readysetbabyonline.com/the-first-hours/hand-expression/

List 2 people that will support my breastfeeding goals:



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