

# breast & chest feeding it's worth it!

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

**Knowledge + Support + Confidence = Success**

## 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 bag<sup>1</sup>
- ☐ 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

<sup>1</sup>Check if there is a refrigerator you can use.

## 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](http://www.itsworthitct.org/for-parents/back-to-work-or-school)



Your rights & the law: [www.breastfeedingct.org/laws](http://www.breastfeedingct.org/laws)



Find lactation professionals near you, if you need one! [www.zipmilk.org](http://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.readysbabyonline.com/the-first-hours/hand-expression/](http://www.readysbabyonline.com/the-first-hours/hand-expression/)

**List 2 people that will support my breastfeeding goals:**

## Human Milk Storage Guidelines\*

	Countertop or Table	Refrigerator	Freezer with Separate Door	Deep Freezer
<b>Storage Temperatures</b>	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)
<b>Freshly Pumped/Expressed Human Milk</b>	Up to 4 hours	Up to 4 days	Up to 6 months	Up to 12 months
<b>Thawed Human Milk</b>	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.



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