

## Make it Work



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 breastfeeding room, visit the area & ask how to use it.
- Find out how to get a pump (insurance or buy your own).
- Talk to different childcare 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
- ☐ Icepacks and insulated bag<sup>†</sup>
- ☐ Soap to clean breast pump (you can also 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>†</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 childcare 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 temp slowly.

### Resources



For employees returning to work  
[www.breastfeedingct.org/makeitwork](http://www.breastfeedingct.org/makeitwork)



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 childcare providers  
[www.breastfeedingct.org/childcare](http://www.breastfeedingct.org/childcare)



Tips to maintain your milk supply  
[www.breastfeedingct.org/supply](http://www.breastfeedingct.org/supply)



How to hand express milk  
[www.breastfeedingct.org/tips](http://www.breastfeedingct.org/tips)



List 2 people that will support my breastfeeding goals

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### 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 (4° 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	

\*\*These guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your health care provider. Guidelines are for home use only and not for hospital use.

\*These tips are for healthy, full-term infants. If you are pumping for medical reasons, talk to your health care provider for more information.



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