



Breastfeeding and Returning to Work

Returning to work after being home with your little one can be overwhelming, especially while you're still breastfeeding. To become familiar with your breast pump before baby arrives, begin practicing with your pump. When baby arrives and you begin pumping, it will be easier to respond to your pump and achieve "let down" (milk flow).

BEFORE PUMPING: GETTING STARTED

- Make sure the area where you are pumping, your parts, and bottles are clean.
- Before you pump, wash your hands with soap and water, or use an alcohol-based hand sanitizer that has at least 60% alcohol.
- You do NOT need to wash your breasts or nipples before pumping.
- Once you have placed the pump correctly on your breasts (refer to product manual), turn it on, sit quietly, and relax. To relax and stimulate milk flow, you can: apply a warm, moist washcloth to your breasts, gently massage your breasts, visualize the milk flowing, or breathe deeply for a few minutes.

AFTER PUMPING: CLEANING UP

Once you're done pumping, pour your pumped breast milk into clean storage bottles or breast milk storage bags. Make sure to label with current date and place in a cooler bag, refrigerator or freezer bag.

CLEANING YOUR PUMP

- Gently wash each part that had contact with breast milk in hot, soapy water. Be especially careful of any rubber diaphragms. Wash and rinse these gently as these create the pressure the pump relies on.
- Rinse away any soap with hot water.
- Let the parts air dry.
- Clean tubing only if it made contact with breast milk.
- If you are washing your pump using the dishwasher, please refer to your pump's instruction manual.

BEFORE RETURNING TO WORK

- Pump breast milk while your baby is napping or being looked after by family or a babysitter. Take this time to build up a supply of breast milk for caregivers to feed your little one once you return to work.
- Talk with your family and your child care provider about your desire to breastfeed for as long as possible. Let them know you will need their support and ask them how they can best help you.
- Once your baby is about a month old, begin introducing some breast milk in a bottle or cup. It may even be helpful to have someone else give your baby the bottle or cup at first.



The information contained here within is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.

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References

- U.S. Department of Health & Human Services: Office on Women's Health

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