



Breastmilk Storage Guidelines

	Refrigerator	Freezer	Deep Freezer
Fresh Breastmilk	5 days	3 months	6 months
Thawed Breastmilk	24 hours	Do not refreeze	Do not refreeze

- ☞ Wash your hands before you express or pump your milk.
- ☞ Put your breastmilk in clean bottle or sealable sandwich or freezer bags, double bagged. Store 2 to 4 ounces per bottle or bag.
- ☞ Label containers with the date pumped and the baby's name.
- ☞ Use the oldest milk first.
- ☞ At work, store breastmilk in a cooler with ice packs or in the company refrigerator.
- ☞ If your bottled breastmilk smells sour, throw it out.

Once You Return to Work

- ☞ Nurse your baby just before leaving for work and as soon as you pick him up from child care.
- ☞ Your baby may want to nurse more often in the evening or whenever you are together. That is normal.
- ☞ If you cannot pump at work, go to the restroom to express a little milk to keep your breasts from becoming too full.
- ☞ Breastmilk is best, but you can combine breastfeeding with formula feeding if you need to.
- ☞ Take one day at a time and be willing to try new ways to make breastfeeding a success. Be proud of all your efforts.

Other Options for Returning to Work:

- ☞ Start back to work part time at first.
- ☞ Job-share with another employee.
- ☞ Telecommute or work from home.

The Texas Department of Health asks businesses to help working mothers breastfeed for as long as they want. To learn how to help your work place become designated Texas Mother-Friendly, call (512) 458-7111, ext. 6233.

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stock no. 13-06-11496
rev. 05/05



Breastfeeding and Working



Works for Me!



Will working and breastfeeding work for me?

Moms in almost every line of work are continuing to breastfeed, including:

- ☞ college and high school students
- ☞ teachers
- ☞ waitresses
- ☞ administrative staff
- ☞ members of the armed forces
- ☞ heads of corporations
- ☞ well-known celebrities

With a little planning, you too can successfully return to work and continue breastfeeding.

Will I need a breast pump?

If you will be away from your baby long enough that you will regularly miss one feeding or more, then you may need an electric breast pump.

Where can I get a breast pump?

Breastfeeding moms who are returning to work or school are eligible for free breast pumps from the WIC office. Talk to the WIC staff for more information.

Is my employer required by law to allow me to pump at work?

Most employers are happy to accommodate their breastfeeding employees, but the law does not require them to. So it is important that you talk to your employer about your return.



Before You Return to Work

- ☞ Take as long a maternity leave as you can.
- ☞ Breastfeed often to build up a good milk supply.
- ☞ When your baby is 2 to 6 weeks old, let another person feed your baby a bottle. This will help your baby get used to the bottle.
- ☞ Talk to your boss and work out a schedule so you can pump or nurse your baby on site at work.
- ☞ Do at least one practice run of leaving your baby with your caregiver for several hours. Do this in the morning about when you would normally go to work.
- ☞ Make your first day back to work a Thursday if you can. Having a short first week will help you and your baby adjust.

Child Care

- ☞ Find a child-care provider that is close to your work and supports breastfeeding.
- ☞ Visit your child-care center a few times. Touch toys and items in the center. Your milk will build up immunities to germs in the child-care center.
- ☞ Take your baby to the child-care center to get your baby used to it.

Pumping

- ☞ Start pumping and storing your milk about two weeks before returning to work.
- ☞ Pump one breast while your baby is nursing on the other. You will produce more milk that way.
- ☞ If your job does not have a room for pumping, find another quiet place to pump.
- ☞ Plan to pump your milk at work as often as you would nurse your baby if you were home.
- ☞ Look at a photo of your baby while you pump at work.
- ☞ Hand-express or pump your milk before your breasts feel too full.



Maintaining Your Milk Supply

- ☞ Breastfeeding your baby is the best way to make more breastmilk. Nurse often whenever you and your baby are together.
- ☞ Massage your breasts while nursing and pumping.