

Chapter 4

Returning to Work or School Assessment Forms

Counseling Tips

Return to Work or School Breast Pump Assessment Forms and Counseling Tips

The forms and tips in this chapter are optional. They are provided to assist you in determining which type of pump you should issue to a mom who is returning to work or school. Please read through the entire list of counseling tips and look over the forms (English and Spanish) before using the form for the first time.

Milk Supply

It takes about three to eight weeks of exclusive breastfeeding for a woman's milk supply to be well established. Before issuing a breast pump to a mom, find out:

- how long she has been exclusively breastfeeding;
- her baby's diaper output;
- if she has ever used formula, water or other liquids; and
- if she has experienced difficulty with breastfeeding.

Counseling Tips

Examples of moms who are exclusively breastfeeding:

- If she has breastfed exclusively (no formula, water, or other liquids) for four weeks or more and is returning to work in two weeks, her milk supply is probably well established. Issue a single-user pump.
- If she started out using formula because of difficulty breastfeeding, it may take longer for her milk supply to become well established. Consider loaning her a multi-user pump for one month to help her establish and increase her milk supply. If she is still breastfeeding successfully in a month, issue her a single-user pump.

Before issuing a pump, check to see that breastfeeding is going well:

- Does the baby have more than six wet diapers per day?
- Does the baby have more than three dirty diapers per day?
- If it is not going well, make the appropriate referral and issue a multi-user pump if needed.
- For more information on diapers, see pages 19–21 in the *Breastfeeding Atlas*.*

* Barbara Wilson-Clay, B.S., I.B.C.L.C., and Kay Hoover, M.Ed., I.B.C.L.C., *Breastfeeding Atlas*. Austin: Lactnews Press, 2002.

Moms who are currently supplementing with formula, water, or other liquids:

- Look at when she began supplementing.
- Look at the amount of formula, water, or other liquids she is using per day.
 - If she is supplementing with formula because of recurring or persistent breastfeeding difficulties, but she seems committed to breastfeeding, consider lending her a multi-user breast pump for one month to help her establish and increase her milk supply.
 - ◆ If she is having persistent difficulties, be sure to ask if she is working with a peer counselor or lactation consultant. If not, provide her with a referral.
 - ◆ Once she can reduce the amount she is supplementing with and is breastfeeding successfully, issue her a single-user pump.
 - If she has been supplementing with three or more formula feedings per day since birth and is not interested in reducing the use of formula, a manual pump is probably more appropriate for her.

Returning to Work or School

This information will help you decide what type of pump to issue and when to issue the pump.

Counseling Tips

Where will she be working?

- If she is returning to work at a day-care center or at home, see if she can nurse the baby while she is at work instead of being issued a breast pump.
- Asking the mom where she works will also give you an idea of how reasonable pumping at work will be for her.
 - If she works for a business, she may be able to pump in her own office or drape a sheet across the opening if she is in a cube.
 - If she works at a restaurant, she may need to use the manager's office or the restroom to pump.
 - As a last resort, she may be able to use her car for privacy. Cigarette-lighter adapters can be used with the Purely Yours and Elite pumps. Local agencies can use breastfeeding funds to purchase cigarette-lighter adapters at retail stores.

When will she return to work?

Asking the mom when she will be returning to work or school will help you determine when to issue her a pump.

- Use her date of return to work or school to help you determine:
 - If her milk supply will be well established when she returns.
 - Whether to issue a single-user or multi-user pump to help her establish or increase her milk supply.
 - Whether to issue a pump right away or to bring the mom back in three to four weeks to reevaluate her need for a pump closer to her return date.
- Ideally, a single-user pump should be issued:
 - After a mother's milk supply is well established, and
 - A week or two in advance of the mom's return to work or school, so the mom can pump and store several bottles of milk.
- Example situations:
 - If her baby is currently only a few days old and she will be returning when her baby is 6 weeks old, issue one month's worth of vouchers and schedule her for a breast pump evaluation in three to four weeks.
 - If she has breastfed exclusively (no formula, water, or other liquids) for four weeks and is returning to work in one week, her milk supply may be fairly well established. Issue a single-user pump and remind the mother to nurse her baby as much as possible when they are together, using skin-to-skin contact.

How many hours will she be separated from her infant?

- Be sure the mom includes her travel time when determining how many hours a day she and her infant will be separated.
- There is no precise number of hours a mom needs to be away from her baby in order to receive a single-user electric pump.
 - Ask her if the baby tends to feed more during the day or at night and then compare the number of hours she will be away to the number of times she breastfeeds in 24 hours.
 - To really benefit from an electric pump instead of a manual pump, she should be away from her baby long enough that she will regularly miss at least one of her baby's feedings.
 - By comparing this information, you can also determine the approximate number of times she will need to pump during work or school hours.

Employer/Teacher/Child-Care Provider Support

Use this information to determine if the mom has support from her employer, school, or child-care provider regarding:

- times to pump;
- a place to pump;
- a place to store her milk (bottles of milk can be safely stored in an insulated case with ice packs for up to eight hours, if needed); and
- providing her expressed milk to her baby.

Counseling Tips

- If the mother is unable to answer questions in this section, recommend she speak to her employer or school about pumping and her child-care provider about providing her expressed milk to her baby.
 - Provide her with the Mother-Friendly Worksite materials (stock no. 13-58) to show her employer the benefits of accommodating breastfeeding moms at work.
 - Give her the handout “Tips for Caring for a Breastfed Baby in Day Care” (stock no. 13-28) to show her day-care provider.
- When talking to her employer, she should talk about why it is important to her to continue breastfeeding. She should also be ready to offer to come in early or stay late to make up for any pumping breaks she will need.

To Make Returning To Work Easier

- Provide her a copy of the pamphlet *Breastfeeding and Working Works for Me!* stock no. 13-06-11496.
- Offer suggestions to the mother such as:
 - returning to work on a Thursday instead of a Monday;
 - returning to work part-time for the first few days or first couple of weeks;
 - using vacation two or three days at a time, every six weeks or so, to stay home and nurse her baby in order to boost her milk supply.

Breastfeeding Goals and Experience

Use this information to find out:

- the mother’s past breastfeeding experience.
- how long she intends to breastfeed.
- her experience with using a pump.

Counseling Tips

The mother does not have to have a specific breastfeeding goal in order to receive a single-user pump. However, knowing her goal can provide information on how committed she is to breastfeeding.

- Several studies have shown that women who have breastfed before are more likely to breastfeed longer.
- Many affordable breast pumps available at retail stores are not effective in maintaining a working mother's milk supply. If the mother has used an inferior pump in the past, she may be very concerned about whether or not she can keep up her milk supply. Reassure her that the pump she gets from WIC should be more efficient at helping her maintain her supply.

**Return to Work or School
Breast Pump Assessment Form**

WIC Participant Name _____ **Date** _____

Baby's name _____ **D.O.B.** _____

Milk supply status:

Are you exclusively breastfeeding (no formula)? ___yes___no

If yes, how long have you been exclusively breastfeeding? _____

Number of baby's wet diapers in 24 hours? _____ Clear urine? ___yes___no

Number of baby's dirty diapers in 24 hours? _____ Color/texture? _____

Number of breastfeedings in 24 hours? _____

Has your baby ever had any formula? ___yes___no

When? _____ How much? _____ For how long? _____

If no, how long have you been supplementing with formula? _____

How many ounces of formula does your baby currently get in 24 hours? _____

Have you had any difficulty breastfeeding? ___yes___no

Describe: _____

Returning to work or school:

Where do you work/go to school? _____

When will you return to work/school? _____ For how many hours a week? _____

How many hours a day will you be separated from your infant? _____ (count travel time)

Employer/teacher/childcare provider support:

Have you talked to your employer/school about pumping at work/school? ___yes___no

Is your employer/school supportive? ___yes___no___not sure

Do you have a place to pump at work/school? ___yes___no___not sure

Do you have a place to store your milk at work/school? ___yes___no___not sure

Will your employer/teacher allow you to modify your work/school schedule (use breaks and part of your lunch hour, come in early and/or leave late), in order to pump? ___yes___no___not sure

Is your childcare provider supportive of breastfeeding? ___yes___no___not sure

Can you go to your childcare facility to nurse your baby during lunch? ___yes___no___not sure

Breastfeeding goal/experience:

What is your breastfeeding goal (How long do you plan on breastfeeding)? _____

Have you breastfed another infant? ___yes___no **If yes**, for how long? _____

Have you used a pump before? ___yes___no **If yes**, ask the following:

What kind? _____

(Brand)

(Type: manual, battery, electric)

How long did you use the pump? _____

Regreso al trabajo o a la escuela
Formulario de evaluación para el extractor de leche

Nombre de la participante de WIC _____ fecha _____

Nombre del bebé _____ fecha de nacimiento _____

Datos sobre el abastecimiento de leche:

¿Está usted alimentando exclusivamente con el pecho (sin fórmula)? ___ sí ___ no

Si contestó “sí”, ¿por cuánto tiempo ha alimentando a su bebé exclusivamente con el pecho? _____

¿Cuántos pañales moja su bebé en 24 horas? _____ ¿Es clara la orina? ___ sí ___ no

¿Cuántos pañales ensucia su bebé en 24 horas? _____ ¿Color/textura? _____

¿Cuántas veces alimenta con el pecho en 24 horas? _____

¿Ha tomado fórmula su bebé alguna vez? ___ sí ___ no

¿Cuándo? _____ ¿Qué cantidad? _____ ¿Cuánto tiempo? _____

Si contestó “no”, ¿por cuánto tiempo ha estado suplementando con fórmula? _____

¿Cuántas onzas de fórmula consume su bebé actualmente en 24 horas? _____

¿Ha tenido usted dificultades alimentando con el pecho? ___ sí ___ no

Explique: _____

El regreso al trabajo o a la escuela:

¿Dónde trabaja/estudia? _____

¿Cuándo regresará al trabajo/escuela? _____ ¿Cuántas horas por semana? _____

¿Cuántas horas diarias pasará separada de su bebé? _____ (cuente el tiempo de viaje)

Apoyo del patrono/profesor/proveedor de guardería:

¿Ha hablado usted con su patrono o con alguien en la escuela respecto a la posibilidad de usar el extractor de leche en el trabajo/escuela? ___ sí ___ no

¿Le apoya su patrono/escuela? ___ sí ___ no ___ no estoy segura

¿Tiene un lugar en dónde puede usar el extractor de leche en el trabajo/escuela? ___ sí ___ no ___ no estoy segura

¿Tiene un lugar en dónde almacenar su leche en el trabajo/escuela? ___ sí ___ no ___ no estoy segura

¿Le permitirá su patrono/profesor modificar su horario de trabajo/escuela (usar los recreos y parte de la hora de comer, llegar temprano o salir tarde) para poder extraer la leche? ___ sí ___ no ___ no estoy segura

¿Apoya su proveedor de guardería el concepto de alimentar con el pecho? ___ sí ___ no ___ no estoy segura

¿Puede usted alimentar con el pecho a su bebé en la guardería a la hora de comer? ___ sí ___ no ___ no estoy segura

Meta/experiencias respecto a la alimentación con el pecho:

¿Cuál es su meta respecto a la alimentación con el pecho (Cuánto tiempo piensa hacerlo)? _____

¿Ha alimentado con el pecho a otro bebé? ___ sí ___ no **Si contestó “sí”,** ¿por cuánto tiempo? _____

¿Ha utilizado anteriormente un extractor de leche? ___ sí ___ no **Si contestó “sí”,** pregunte lo siguiente:

¿Qué tipo/marca era? _____
 (Marca) _____ (tipo: manual, con baterías, eléctrico)

¿Cuánto tiempo utilizó el extractor? _____

Questions Commonly Asked by Participants

Q How should I clean the breast pump?

A Start by sanitizing the pump:

- Elite and Purely Yours
 - Boil all parts of the collection kit except the tubing, white cap, and white plug for 20 minutes.
- Hollister one-hand
 - Boil all parts for 20 minutes except the white cap.
- Little Hearts, Spring Express, Medela Manual, and Harmony
 - Boil all parts for 20 minutes.

Q How should I clean my breast pump regularly?

- A*
- Elite, Purely Yours, Hollister one-hand
 - Hand-wash the collection kit. Larger **non-rubberized** parts may be cleaned in the upper compartment of a dishwasher.
 - Little Hearts, Spring Express, Medela Manual, and Harmony
 - Wash all parts that come in contact with the breast and milk in soapy water, or wash in the top rack of the dishwasher.
 - Boil rubber parts weekly or when milk spots appear.

Q How do I know if I need to use a reducing insert?

- A*
- Comfort level.
 - The pump does not seem to be working correctly or has low vacuum.

Q How do I know if I need a larger breast flange?

- A*
- If your nipple rubs against the nipple tunnel.
 - If the nipple tunnel feels too tight.
 - If you develop any red or streaks or blisters around your nipple area in a circular pattern.

Q When should I start pumping my milk?

A About two weeks before returning to work, or school

Q What can I do to help maintain my milk supply?

- A*
- Breastfeed as often as possible
 - Massage the breasts while nursing and pumping.
 - Pump one breast while your baby is nursing on the other.

Q How long will it take to pump?

A About 15–30 minutes each time.

Q How often will I need to pump?

- A*
- Divide the number of times you breastfeed into 24 hours.
 - You may also want to ask if her baby tends to feed equally throughout the day or more often during a certain part of the day.

Q What should I store my milk in?

A Clean bottles or sealable sandwich or freezer bags.

Q How much breastmilk should I store in each bag or bottle?

A 2–4 ounces.

Q How long should I store my milk for? ...

- A*
- In an insulated case?
 - 8 hours.
 - In a fridge?
 - 5 days.
 - In a freezer?
 - 3 months.
 - In a deep freezer?
 - 6 months.

Q Can I use a microwave to reheat the milk?

A No, a microwave can create hot spots that could burn the baby's mouth.

Q How should I thaw the milk?

A Run the bottle under warm water in the sink and shake gently.

Q I'm a bit worried about speaking to my boss. Are there any hints you can give me?

- A*
- Talk to your boss about why it is important for you to continue breastfeeding.
 - Be ready to offer to come in early or stay late to make up time missed from pumping.
 - Ask about where you can pump.
 - Ask about where you can store your milk.