

## Breastfeeding: Manageable even after returning to work

Planning ahead for how you will breastfeed when you return to work can ease the transition. It can help you to continue to enjoy breastfeeding your baby long after your maternity leave has ended.

### Prepare for the return to work:

During your pregnancy -

- Talk with your supervisor about your plans to breastfeed. Ask if a different type of schedule is possible, such as starting back initially as part-time or taking split shifts.
- Find out if your company provides a lactation support program for employees. If not, ask about private areas where you can comfortably and safely express milk. The Affordable Care Act supports work-based efforts to assist nursing mothers.
- Ask your supervisor, wellness program director, human resources office or other coworkers if women at your company have breastfed after returning to work.
- Join a breastfeeding support group to talk with other mothers about breastfeeding while working.



### During your maternity leave:

- Take as many weeks off as you can. At least six weeks of leave is needed to help you recover from childbirth and settle into a good breastfeeding routine.
- Start with exclusive breastfeeding for the first 4-6 weeks after birth to establish your milk supply. Then begin to practice expressing your milk with a quality breast pump. This may be the best method for efficiently removing milk during the workday.
- Take a few days to slowly replace one feeding with a pumped milk feeding. Gradually continue with the replacements until reaching the number of feedings that will be skipped during your work hours.
- 2-4 weeks before returning to work, transition your baby to taking breast milk from a bottle (or cup for infants 3+ months old).
- Look for a childcare facility close to your place of work. Ask if the facility has a place set aside for breastfeeding and if they will feed your baby your pumped breast milk.
- Talk with your family and your childcare provider about your desire to breastfeed. Ask for their support.

### Breastfeeding or expressing milk at work:

- Maintain an ongoing dialogue with your supervisor about your work schedule and keep your supervisor informed about your needs to manage working and breastfeeding.
- Use your break and lunch periods to express milk.
- Find a private place to express milk. If a private lactation room is not available, consider a non-occupied office, conference room, or little used closet. The room should be private with an electrical outlet and a sink.
- Express and store breast milk at the times you would normally feed your baby. This will range from 2 to 3 times in an 8-hour work day.
- Expressing milk, on average, takes from 10 to 15 minutes. Electric pumps that express milk from both breasts reduce pumping time.
- When picking up your baby at childcare, take time to breastfeed before traveling home.



## Breastfeeding Resources

A Mother's One Stop Breastfeeding Resource: [www.breastmilkcounts.com](http://www.breastmilkcounts.com)

American Academy of Pediatricians, Family's Resource Guide: [www2.aap.org/breastfeeding/familiesResourceGuide.html](http://www2.aap.org/breastfeeding/familiesResourceGuide.html)

Baby Friendly USA, Ten Steps: [www.babyfriendlyusa.org](http://www.babyfriendlyusa.org)

Dad's Manual for New Fathers: [www.newdadmanual.ca](http://www.newdadmanual.ca)

Going Back to Work: [www.womenshealth.gov/breastfeeding/going-back-to-work/](http://www.womenshealth.gov/breastfeeding/going-back-to-work/)

Hand Expression of Breast Milk, Dr. Jane Morton at Stanford University: [www.newborns.stanford.edu/Breastfeeding/HandExpression.html](http://www.newborns.stanford.edu/Breastfeeding/HandExpression.html)

Kelly Mom. Reliable breastfeeding information: [www.Kelly Mom.com](http://www.Kelly Mom.com)

La Leche League: 1-800-525-3243; Peer Support and Meetings for the Breastfeeding Mom: [www.lalecheleague.org](http://www.lalecheleague.org) or [www.LLLNY.org](http://www.LLLNY.org)

New York State WIC: [www.breastfeedingpartners.org](http://www.breastfeedingpartners.org)

Benefits of Skin to Skin Contact, Dr. Nils Berman: [www.kangaroomothercare.com/for-full-term-babies.aspx](http://www.kangaroomothercare.com/for-full-term-babies.aspx)

New York State Breastfeeding Mothers' Bill of Rights: [www.health.ny.gov/publications/2028.pdf](http://www.health.ny.gov/publications/2028.pdf)

USDA website for nutrition advice for breastfeeding mothers: [www.choosemyplate.gov/pregnancy-breastfeeding.html](http://www.choosemyplate.gov/pregnancy-breastfeeding.html)

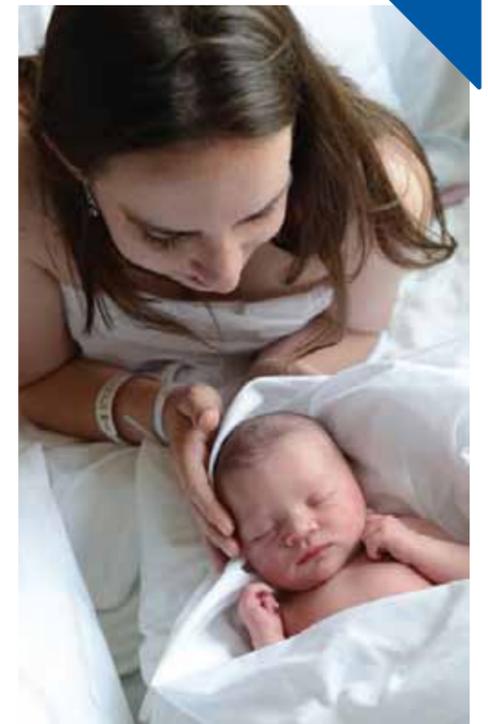
The Office on Women's Health, U.S. Department of Health and Human Services, Your Guide to Breastfeeding: [www.womenshealth.gov/breastfeeding/](http://www.womenshealth.gov/breastfeeding/)

Westchester/Putnam/Rockland Lactation Consortium: local recourses, IBCLC listings, services: [www.WPRLC.com](http://www.WPRLC.com)

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Prenatal breastfeeding education -  
2nd Trimester

# Successful Breastfeeding



## Breast milk is healthy ...

### Breast milk is the only food your baby needs for the first six months.

- Breast milk provides all the nutrients and fluids that a baby will need for the first six months of life. Even water is not needed.
- Babies fed only breast milk for the first six months are less likely to have respiratory illnesses, such as pneumonia, intestinal diseases, ear infections, and allergies.
- Before six months of age, babies do not produce much stomach acid, which can cause digestive problems if they are given other food and/or fluids.
- Giving other foods or fluids will cause your body to produce less milk.

### Breast milk should still be your baby's main source of food until your baby is one year old.

Babies can be given other foods after six months. By then, the baby has undergone growth-related changes that aid in the chewing and swallowing of food, including:

- The ability to sit up. A baby must be able to sit up to swallow food properly.
- The ability of the tongue to move in back to accept food. This motion is unlike the inward movement of the tongue that occurs during breastfeeding.
- The deepening of the baby's oral cavity, which enables a baby to be fed with a spoon.

### Breastfeeding may continue longer than your baby's first birthday.

The longer you breastfeed, the greater the benefits for your baby and you.



## The American Academy of Pediatrics and the World Health Organization support breastfeeding ...

“Breastfeeding and human milk are the normative standards for infant feeding and nutrition. Given the documented short- and long-term medical and neurodevelopmental advantages of breastfeeding, infant nutrition should be considered a public health issue and not only a lifestyle choice. The [American Academy of Pediatrics](#) reaffirms its recommendation of exclusive breastfeeding for about 6 months, followed by continued breastfeeding as complementary foods are introduced, with continuation of breastfeeding for 1 year or longer as mutually desired by mother and infant.” (AAP, 2012)

The [World Health Organization \(WHO\)](#) recommends that infants should be “exclusively breastfed for the first six months of life to achieve optimal growth, development and health. Thereafter, to meet their evolving nutritional requirements, infants should receive nutritionally adequate and safe complementary foods while breastfeeding continues for up to two years of age or beyond.” (WHO/UNICEF, 2003)

### Making breast milk

- Early breastfeeding initiation is very important to the establishment of a good milk supply. Start feeding in the delivery room.
- Breastfeeding often and around the clock will further ensure an excellent supply of milk and that your baby starts gaining weight quickly.
- Not breastfeeding will inhibit milk production.

### Feeding cues

Your baby will let you know when he's hungry ... just watch his amazing ability to communicate with you and show you when he's ready to breastfeed. Watch for your baby's early feeding cues and offer your breast to him before he starts crying. Feeding cues include:

- Licking, smacking, or sucking on his hands
- Bringing his hands to his face
- Sticking the tongue out
- Rooting (opening his mouth and turning toward your breast)

### The latch

How your baby holds your nipple and areola in his mouth is the key to comfortable breastfeeding. Make sure that he opens his mouth wide and gets a big mouthful. When your baby has a proper latch, you will:

- Produce more milk faster
- Ensure that your baby gets enough milk
- Prevent sore nipples

If the baby's latch hurts you, get help as soon as possible.

### Risks of pacifiers

Pacifiers can mask feeding cues and can lead to skipped feedings, which will affect your milk supply and baby's weight gain. When your baby seems hungry, offer him your breast rather than a pacifier. Within 4 - 6 weeks, after you have a well established breastfeeding routine, your pediatrician may recommend the use of a pacifier to reduce the risk of Sudden Infant Death Syndrome.

### Breast pumps

A breast pump is not needed right away. Your newborn is the best pump and frequent feedings get breastfeeding off to a good start.



## Breastfeeding Class

Breastfeeding is a wonderfully natural thing to do, but it is a learned skill. Please learn about breastfeeding during your pregnancy. Involve your significant other in this learning experience. It will be helpful and feel great to be equally informed as you begin your new family journey.

To register for the breastfeeding class at Phelps Memorial Hospital, call:  
**(914) 366-3382**

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## Breastfeeding key points:

- Hold your baby skin-to-skin right after birth until he has fed from your breast for the first time.
- Delay common procedures, such as newborn weight, eye treatments, and vitamin K supplementation, until after the first feeding.
- Delay baby's first bath for about 24 hours. Bathing too soon makes baby cold, stressed and tired, compromising the initiation of breastfeeding and making it harder for the baby to adapt to his new life.
- Keep your baby in your hospital room around the clock (rooming-in).
- Feed your baby when he shows feeding cues around the clock (about 8-12 times per 24 hour day).
- Plan for quiet time without visitors during your hospital stay.
- Do not use pacifiers; offer your breast if your baby is fussy or wants to eat.
- Do not use supplemental formula feedings unless your healthcare provider says there is a medical reason.
- Do not accept free samples of formula that might discourage you from breastfeeding.