

Going Back To Work

Tips for Continued Breastfeeding



According to the CDC 2018 Breastfeeding Report Card, 82 percent of mothers attempt to nurse their newborns. The American Academy of Pediatrics (AAP) recommends that babies receive nothing but breast milk during the first six months of life and continue receiving breast milk for at least the first year and beyond.

Women comprise nearly half of the U.S. labor force and, for new mothers, the thought of returning to work and breastfeeding seems like a daunting task. However, by preparing ahead with the tips outlined, and learning the type of support and accommodations your employer has for breastfeeding moms in the workplace, you are more likely to meet your breastfeeding goals.

Breastfeeding Benefits



For Baby:

Reduced risk of: ear infection, asthma, type 1 and 2 diabetes, sudden infant death syndrome (SIDS), and more.



For Mom:

Reduced risk of: high blood pressure, ovarian cancer, more protected against breast cancer, and type 2 diabetes.

You and Your Milk Supply

Milk supply is established within the first few days after your baby is born, and breastfeeding on demand will help build and maintain your supply.

If another caregiver is feeding your baby with a bottle of expressed milk, you will also need to pump or hand express to keep up the demand for your supply.

Choosing the Right Pump

Pump Education

Download our Breast Pump Selection Guide and sign up for our monthly Pump Exploration webinar to help you decide which pump is right for you. The webinar also walks you through how to use your pump and accessories, as well as pumping tips, tricks, and more! Sign up at acelleron.com/pump-edu.

What to Consider

Suction/Cycle Settings: Breast pumps are designed to mimic a baby's natural nursing rhythm by both the suction pressure and the suckling speed. Determine how each pump will allow you to adjust the levels of suction and cycles to suit your body and comfort.

Barrier: Some pumps have a physical barrier to prevent bacteria, mold, etc. This is sometimes described as a pump with a closed system, or a backflow protector.

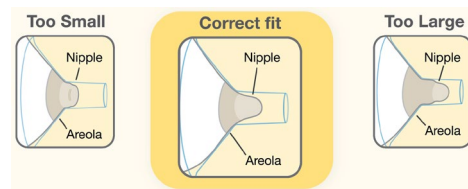
Portability: If you are planning on going back to work or traveling, the pump's weight, size, and power source are all factors you should consider. For example, there are different battery options (internal, external, built-in rechargeable).

Warranty: Aim to get a pump with at least a one-year warranty. Many brands now come with a two-year warranty.

Extra Parts/Accessories: Some pumps come with additional flange sizes, carrying case/bag, and/or cooler packs. How easy will it be to obtain spare parts?

Tip: It's important to make sure you have the proper flange size for optimal comfort and milk flow.

Other Features: Back-lit display that shows suction/cycle settings and/or a timer, night light for pumping in dark rooms, and pump noise.



Source: Medela

Childcare Provider

When choosing a childcare provider, it is important that you feel comfortable with them and fully trust in their ability to care for your breastfed child.

Refer to the back page for useful tips to share with your care provider on how to safely store and handle your breast milk for your baby. When bottle feeding your baby, paced bottle feeding can be a great way to support a combined nursing and bottle-feeding relationship.

Accessories

Hands-Free Bra: Did you know that with most breast pumps, you are holding the breast flanges to your body for the entire time you are pumping? With a Simple Wishes Hands Free Pumping Bra, you can have a snack, drink water, get work done, or simply relax while pumping!



Bag and Cooler Pack: A carrying bag and cooler pack can be integral to successful pumping at work. Look for one that is lightweight, durable, and easy-to-clean, like the Sarah Wells Lizzy or Kelly bags.



Visit acelleron.com to purchase these must-have accessories!

First Few Weeks Back

If possible, try to ease back into your full work schedule by starting off part-time. This can help your transition with leaving your baby and getting back into a routine.

Remember to protect your milk supply by expressing milk when away from your baby (typically about 2-3 times during an 8-hour work day) and breastfeeding when with your baby.

It is normal to feel emotional, overwhelmed, and tired in the beginning. Find ways for self-care and make special time for you and your baby on your days off.

Worksite Accommodations

Breastfeeding Policy: Ensure that your employer has an updated breastfeeding policy that is easily accessible and communicated to you and your colleagues.

Lactation Space: A private space is key to pumping success at work and is required for your employer to provide if there are more than 50 employees. This room should NOT be a bathroom and should be locked or shielded from view; the space must also include an electrical outlet, a comfortable chair, and a side table.

Does your company need help enhancing their lactation room(s) to help ease the transition back to work for you? If so, have your employer reach out to us at wellness@acelleron.com or acelleron.com/pumpatwork.

Tips for Pumping at Work

Seven steps to improve your pumping experience:

- 1. Create a Routine:** Set up your pump in the same comfortable place every day. Keep a picture or video of your baby with you to help with your “let-down.”
- 2. Stimulate:** Spend a few minutes massaging your breast and nipple. Visualizing your milk flowing will also help stimulate your let-down reflex.
- 3. Minimize Distractions:** Try to relax! It will help with how much milk you are able to collect.
- 4. Get a Hands-Free Bra:** Pump and have your hands free if you wish to multi-task. Order your Simple Wishes Hands Free Bra at acelleron.com!
- 5. Get a Set of Spare Parts:** Always keep extra parts handy for backup. [Order yours at acelleron.com!](http://acelleron.com)
- 6. Pump as Often as Your Baby is Eating:** Double pumping every 3 hours for 10-15 minutes will help you maintain your milk supply.
- 7. Learn to Hand-Express:** Very helpful if you are somewhere without your pump!

Storage and Cleaning Guidelines

Follow these steps to keep your breast pump clean and help protect your baby from germs. If your baby was born prematurely or has other health concerns, your baby’s health care providers may have more recommendations for pumping breast milk safely.

Location	Temperature	Duration
Countertop/Table	Room temperature (60-85°F or 16-29°C)	4 hours optimal. 6-8 hours under very clean conditions
Insulated cooler bag (with ice packs)	Up to 59°F or 15°C	24 hours
Refrigerator	~39.2°F or 4°C	4 days optimal. 5-8 days under very clean conditions
Freezer	< 24.8°F or -4°C	6 months optimal. 12 months acceptable

Reference: Academy of Breastfeeding Medicine (2017). ABM Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants, Volume 12.

CDC Cleaning Guidelines Printable Sheets:

cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html

Resources

Kellymom.com | womenshealth.gov
zipmilk.org | milkstork.com
workandpump.com | LLLusa.org

Find Places to Pump

Moms Pump Here - App available for Apple and Android
Pumpspotting - App available for Apple and Android