

# The New Mom Survival Guide To Breastfeeding And Going Back To Work



## Work. Pump. Repeat.: The New Mom's Survival Guide to Breastfeeding and Going Back to Work by Jessica Shortall

★★★★☆ 4.6 out of 5

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Going back to work after having a baby is a major transition for any new mom. There are a lot of things to juggle, and it can be tough to find time to breastfeed. But breastfeeding is still the best way to feed your baby, and it can be done even if you're working full-time.

This guide will provide you with everything you need to know about breastfeeding and going back to work. We'll cover topics such as pumping, storing breast milk, and feeding your baby while you're away from home.

## Pumping

Pumping is the process of expressing milk from your breasts using a breast pump. It's a great way to maintain your milk supply while you're away from

your baby.

There are a variety of breast pumps available on the market. You can choose a manual pump, an electric pump, or a hospital-grade pump. The type of pump you choose will depend on your individual needs and budget.

Once you've chosen a breast pump, you'll need to learn how to use it properly. Here are a few tips:

- Wash your hands and breast pump parts before each use.
- Find a comfortable place to pump.
- Massage your breasts to help stimulate milk flow.
- Pump for 10-15 minutes on each breast.
- Store your breast milk in a clean container in the refrigerator or freezer.

## **Storing Breast Milk**

Breast milk can be stored in the refrigerator for up to 5 days or in the freezer for up to 6 months. When storing breast milk, be sure to use clean containers and label them with the date and time.

Here are a few tips for storing breast milk:

- Store breast milk in small containers (4-6 ounces) to avoid waste.
- Do not store breast milk in the door of the refrigerator or freezer, as this is the warmest part of the appliance.
- Thaw frozen breast milk in the refrigerator or under running water. Do not thaw breast milk in the microwave.

## **Feeding Your Baby While You're Away From Home**

If you're breastfeeding and going back to work, you'll need to find a way to feed your baby while you're away from home. There are a few different options available, including:

- Pumping and bottle-feeding
- Nursing in a lactation room
- Hiring a lactation consultant

The best option for you will depend on your individual needs and circumstances. If you're planning on pumping and bottle-feeding, be sure to start pumping early on so that you can build up a supply of breast milk.

## **Returning To Work**

Returning to work after having a baby can be a daunting experience. But if you're breastfeeding, there are a few things you can do to make the transition easier.

- Talk to your employer about your breastfeeding needs. You may be able to negotiate a flexible work schedule or a lactation room.
- Pack a breast pump, extra breast milk, and a cooler bag in your work bag.
- Find a quiet place to pump during your breaks.

Breastfeeding and going back to work can be challenging, but it's possible. With a little planning and preparation, you can continue to breastfeed your baby while returning to work.

Breastfeeding is a wonderful way to feed your baby and bond with them. If you're planning on going back to work, it's important to know that it's possible to continue breastfeeding while working full-time. With a little planning and preparation, you can make the transition back to work smoother for both you and your baby.



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