

Let's talk about... Returning to Work

It is possible to return to work and keep breastfeeding your baby.

You are protected by law and supported by your community.

It may help to begin planning now.

The suggestions below are from the Employee's Guide to Breastfeeding and Working. The entire guide can be found at: www.womenshealth.gov/breastfeeding/government-in-action/business-case.html

During Pregnancy

- Attend a prenatal breastfeeding class.
- Talk about your plans to breastfeed and return to work with your supervisor.
- Talk to your insurance company about your options for a quality double electric breast pump.

Baby's First Weeks of Life

- Establish a good milk supply by breastfeeding your baby often.

Maternity Leave

- Take off as much time as you are able to--at least 6 weeks, 12 weeks is even better.
- Practice pumping and freezing your milk. Save frozen milk for when you go back to work.

Return to Work

- Return to work gradually if you are able to.
- Breastfeed your baby at lunch or other times during the day if your childcare is close to work.
- Pump at work as many times as your baby misses feedings at breast.

How soon after my baby is born can I start pumping?


When my baby is younger and will be feeding very often, how do I fit in pumping?

I'm nervous to talk to my boss and don't know what to say. Is there anyone who can help me with that?

What do I need to tell my childcare provider about my decision to continue breastfeeding when I go back to work?

When I call my insurance company about a pump, what do I say?

Use the space below to write your own questions or notes:



Next time, let's
talk about...

Skin to Skin &
The Early
Breastfeeding
Experience

The Nursing Mothers Counsel of Oregon serves the Portland Metro/SW Washington Area
Portland 503-282-3338 / SW Washington 360-740-0656 / www.nursingmotherscounsel.org