

Pump & Hustle: The Working Mom's Milk Plan

Going back to work and pumping can seem daunting. The key is to plan ahead and establish a schedule. Here are 3 things to do before you start your journey:

- 1 Talk to your manager about your plans for breastfeeding prior to taking your maternity leave.
- 2 Set up a suitable pumping schedule and a private space where you can pump.
- 3 Read about the Federal Break Time for Nursing Law to be acquainted with a nursing mother's rights at work.



Establish a schedule


(sample schedule)

6:00 am Pump on your way to work or before going to work. Power pump if you have a long drive.

9:00 am Pump every 3 hrs once at work.

12:00 am Pump during lunchtime or mini power pump

3:00 pm
6:00 pm
9:00 pm
2:00 am



✓ Last thing to do before leaving the house is feed, so baby is good for 3 hours.

✓ Once home Pump/ Breastfeed baby every 3 hours.



When to start pumping:



Practice pumping once a day **3-4 weeks** before going back to work after breastfeeding sessions to help build supply. Begin storing this pumped milk to have milk on hand and build a stash.

Practice the bottle:

Before going to work, introduce your baby to bottle feeding in pace feeding techniques, but **wait at least 4-6 weeks** after birth to introduce a bottle.

Remember to:



You will be pumping at work every **3-4 hours** based on how often you breastfeed your child at home.



Breastmilk to be stored in refrigerator during the day at work, and to carry back and forth to work in cooler bag with ice packs.



Milk that has been pumped today at work will be used for the next day. You can also rotate stash from the freezer.



Milk storage

Always date/label the milk before storing. Breast milk can sit **at room temperature for 4-8 hours (61-79-degree F)**.

In a cooler with 3-4 ice packs (**59-degree F**), breast milk can stay for up to 24 hours.

In a Refrigerator (32-39-degree F), breast milk is good for up to 3-8 days and thawed milk is good for 24 hours.

In a Freezer (less than 39-degree F), breast milk is good for up to 6 months. In a Deep Freezer breastmilk is good for up to 12 months

To **thaw frozen milk**, thaw slowly in refrigerator, or place sealed frozen milk bag/bottle in a bowl of warm water.

Never microwave breast milk as all the protective compositions can be lost

Do NOT refreeze thawed milk!



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