

Nursing moms at work, school or on the run



Busy moms can keep nursing! Someone else can feed the baby when you are away. Options:

- Use a pump at work. Caregiver offers pumped milk in a bottle or cup. Mother's milk only = maximum health benefits for baby.
- Caregiver offers some pumped milk and some formula. If you cannot pump all the milk your baby needs while away, some is better than none!
- Caregiver gives formula when you are away. You breastfeed when you are home.

Wait until your baby is 2 to 4 weeks old before trying a bottle. If you begin too early, your baby may become confused by the bottle nipple and then refuse to nurse at the breast. Or try cup feeding instead. Even young infants can learn. Ask for help.

Have someone else offer the cup or bottle. Your baby may want to nurse when you are around. Wait until your baby is used to taking a bottle before going out for a long time. If you will only be gone a few hours, nurse before you go. Your baby may not need to be fed until you return.

Giving Mom's Milk

- Begin pumping and bottle/cup training about 2 to 4 weeks before your return date so your baby gets used to it and has a ready supply of milk. Follow the pump company's instructions for pumping and milk storage.
- Make arrangements ahead of time to pump your milk at work or school during lunch and break times.
- Wear clothes that will make pumping easier. Two-piece outfits that button or zip up the front are best.

Giving Formula

- Begin bottle/cup training so baby gets used to it. Start replacing one feeding a day with formula. Choose a time when you would be away from your baby. For example, if you plan to work from 7:00 AM until 4:00 PM, replace the noon feeding with formula each day. Wait about 4 days and then replace a second feeding. Wait at least 4 days for each feeding you replace. If you cut back too quickly, your breasts will become full. If your breasts become full and tender while you are away, hand express a little for comfort.
- You can limit the amount of formula by nursing your baby more often during the hours that you are at home and on days off. The more breast milk your baby gets the better. If your caregiver seems worried because your baby doesn't take much formula during the day, explain that you are nursing more at home.

Other Tips for Returning to Work or School

Nurse your baby right before you leave. Write down your baby's usual feeding times and ask your caregiver to stay close to this schedule. Also ask her not to feed your baby right before you return so that you can nurse as soon as you get there. Start back to work on a Thursday or Friday to help adjust to this new change.

For more detailed information on milk expression, bottle training, return to work and other topics, visit www.health.state.pa.us Click "health topics a-z". Search for "breastfeeding."



You can fit nursing into your schedule.