



Making it Work

Breastfeeding Support at Work is Your Right! It's the law. Employers **MUST** provide breastfeeding women with private space and time to express milk at work. This right is provided in the U.S. Patient Protection and Affordable Care Act. Under the law, employers must give breastfeeding women:

- Time to express milk at work
- Private place that is not a bathroom

Seek childcare that is supportive of breastfeeding.

Tell your care provider that breastfeeding is important to you.

- Ask if you can breastfeed at the childcare facility before and/or after work, or during the meal period.
- Ask your childcare provider to try not to feed the baby shortly before you pick up baby.
- Alert the childcare provider that baby might "reverse cycle feed". This is when baby eats more when mom is home, and not as much when you are away. It is normal.
- Expressed milk that you take to your childcare provider should be clearly labeled with your child's name and the date that the milk was expressed.

Prepare baby for your return to work. Try to wait until about 2 weeks before you go back to work to help your baby learn to drink from a bottle.

- Practice with a only small amount of breast milk (around 1 oz.) in the bottle.
- Offer it when baby is not super hungry or upset. Some babies are more eager to try something new if they are a little sleepy.
- Ask someone else to offer the bottle. Babies often prefer to nurse when they are with mom.
- Don't force baby to accept a bottle. If the baby refuses, try again later.
- Some babies prefer a cup, dropper, or spoon.
- Find a breastfeeding-friendly childcare provider.

Talk with your employer about breastfeeding! Most employers are happy to provide the support you need, as long as they know what your needs are and how important it is for you to have their support.

- Discuss your basic needs for privacy and flexible breaks to express milk.
- Be sensitive to the issues that are important to your company, and show how supporting your efforts to breastfeed can help both of you meet your goals.



Remember: every drop of your milk is important!

Be proud of any amount of breastfeeding you and your baby can enjoy.

The **Monroe County Breastfeeding Collaborative** is a group of Breastfeeding experts who can help employers or women with questions:

734-240-7901

Making it Work for Moms

My Checklist for Breastfeeding and Working

Post on Your Refrigerator

DURING PREGNANCY AND MATERNITY LEAVE:

- Talk with my supervisor about the best options for time and space for nursing breaks.
- Learn all I can about breastfeeding.
- Breastfeed exclusively when I am home with baby.
- Ask WIC about whether I will need a breast pump, and what kind will best meet my needs.
- Practice using a breast pump.
- Find a breastfeeding-friendly childcare provider close to where I work.
- Talk with my family about how they can help me continue to breastfeed.
- Do a “trial run” to practice leaving my baby with the sitter and expressing milk during the day.
- Call my WIC peer counselor or lactation consultant about my plan for returning to work.
- Connect with friends who are breastfeeding and/or join a mother’s group in your community.

My Daily Work Checklist

THE NIGHT BEFORE:

- Pack baby’s diaper bag with diapers, 2-3 outfits, favorite toys, and bottles/nipples for feeding expressed breastmilk.
- Set out clothes I will wear to work the next day.
- Clean pump parts, pack extra nursing pads and set pump/cooler by the door.
- Prepare my lunch with healthy snacks.

BEFORE I LEAVE FOR WORK:

- Nurse baby before getting up so baby is quiet while I shower and dress.
- Leave baby in pajamas to save time.
- Grab expressed breast milk from the fridge and place in baby’s diaper bag.
- Grab my lunch and the cooler.

***Special Tip:** Many mothers find that their milk flows easier when they are able to feel close to their baby while they are away. Look at photos of your baby or watch videos on your phone. And/or bring something with the baby’s smell on it, such as a soft baby blanket.*