



WORKING MOTHERS

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Going back to work after having a baby can take a lot of planning. Both working and caring for a baby are demanding, and many mothers rethink their priorities. Breastfeeding is one part of this picture.

As you think about work and breastfeeding, know that the more mother's milk your baby gets, the better. But breastfeeding does not have to be all or nothing. Women have come up with many ways to fit breastfeeding into their lives. These choices may give you new ideas on how to make breastfeeding work for you and your family.

1. Fully breastfeed while working. Some women do this by:

- Bringing their baby with them to work.
- Having their baby brought to them at work for feedings.
- Choosing a caregiver nearby and going to their baby for feedings.
- Reverse cycle nursing — their baby feeds most while they're home and sleeps most while they're at work.



2. Provide expressed mother's milk for all missed feedings. This may mean:

- Pumping at work during breaks.
(Go to www.ameda.co.nz, Products—Breast Pumps)
- Storing milk at other times by pumping before baby wakes up in the morning, right after work, and after feedings at home.
(Go to www.ameda.co.nz, Products—Breastfeeding Accessories)

3. Provide some expressed mother's milk and some formula for missed feedings.

4. Provide formula for all missed feedings and breastfeed when together.

If you choose one of the last options, think about whether you will be going for a longer time at work without pumping or breastfeeding than your baby's longest stretch between feedings at home. If so, it may make sense to do a "partial weaning." This allows you to stay comfortable at work for longer stretches yet still breastfeed at home.

WHILE YOU'RE HOME WITH BABY

Your weeks or months at home after your baby is born are a time of closeness and togetherness. If you plan to go back to work, it is also a time to think about your breastfeeding goals and plan for later. Many of the choices you make now set the stage for your time back at work.

Breastfeed long and often. While at home, breastfeed long and often to bring in more milk. Wait until you're back at work to worry about bottles and schedules.

Wait a few weeks, then pump and store some milk as a reserve. Keep in mind that once you're at work, the milk you pump one day can be left for your baby the next day. But it is good to have some frozen milk as a back-up. Plan to start pumping about 3-4 weeks before going to work. This gives you time to practice with your pump and build a reserve of milk. If you pump just once a day for 3 weeks, you'll have enough milk for your first day back at work and a good reserve.

*This is general information and does not replace the advice of your physician or healthcare provider.
If you have a problem you cannot solve quickly, seek help right away.
Every baby is different, and your baby may not be average.
If in doubt, contact your physician or other healthcare provider.*



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Wait to give bottles.

Many parents wonder when to start a bottle. Here is the latest.

- Delay bottles until your baby is at least 3-4 weeks old to give your baby a chance to get good at breast feeding.
- It doesn't seem to matter how late you start. Most babies take a bottle easily no matter when it's started.
- Think about asking your baby's caregiver to start the bottle. It will be a part of their relationship. It is also a good idea for your baby to get to know the caregiver before your first day back at work.
- Many babies refuse a bottle from mother. Some refuse it even if mother is in the building. Babies are smart and know they could be nursing.
- If your baby won't take the bottle from the caregiver when held in arms, try another way. Sit your baby in an infant seat or with his back against caregiver's chest, facing forward.
- To keep your baby interested in breastfeeding, limit bottle-feeding to the caregiver and breastfeeding to you.

Plan to ease your transition to work. Think about ways to make your return to work easier:

- Start on a Thursday or Friday.
- Ease into work by starting part-time.
- Start by working shorter days or fewer days per week.
- Find support by talking to other mothers who work and breastfeed.

Think also about your wardrobe. Regular pumping or breastfeeding at work helps prevent milk leakage. But it's wise to think ahead and have breast pads and an extra top available just in case. Also, plan to wear two-piece outfits to make pumping easy.

HOW MUCH MILK TO LEAVE

One of the many things to plan when you go back to work after having a baby is how much milk to leave. This information may help you with your planning.

AVERAGE FEEDING

- From about one month to six months, an average feeding is about 90-120ml of milk.
- Store your milk in the smallest amounts you think your baby might take. Have some 30ml –60ml. amounts stored in case baby wants a little more. This avoids waste, as milk that's leftover after a feeding must be thrown away.
- At about four or five weeks, most babies are up to the maximum 740-1035ml. per day. After that, daily milk intake stays stable until six months. So once your milk supply is set at four or five weeks, you're all set. That's all the milk you should need.
- Don't be surprised if your baby takes more from the bottle than you pump in one pumping session. This may not mean your milk supply is low. The faster, more constant flow of the bottle may cause babies to take more from the bottle than they need. On the bottle, your baby may take more at a feeding but feed fewer times per day. Typically, the total milk in a day should not change.
- When breastfeeding, babies typically take smaller, more frequent feedings. This promotes healthy eating habits. A slow-flow nipple on a bottle can help prevent overfeeding, and baby will feel full with less milk.
- As they get older, some (not all) babies take more milk at a feeding and feed fewer times per day.
- If you and your baby are apart for 8 hours, your baby should need no more than about 300-350ml total. This is one-third of her daily intake. If your baby takes more than expected, try to find out why.
- When your baby begins taking other foods along with your milk (at about six months or so), your baby's need for milk should go down. Solid foods take the place of your milk in your baby's diet.
- By about nine to twelve months, most women who were pumping at work begin phasing out their pumping. Many keep breastfeeding at home. At twelve months, most babies can be fed regular cow's milk.



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PUMPING TIME AT WORK

Going back to work after having a baby can take a lot of planning. One aspect of this is figuring out how to fit pumping into your work day. If your goal is to keep up your milk supply, before going back to work count the number of times your baby breastfeeds in a 24 hour period. This is your **"magic number."**

Try to keep this number steady after you go to work. It is fine to breastfeed more while you and your baby are together and pump less while at work, as long as this 24-hour total stays stable.

When planning your day, remember the simple forces that drive most mothers' milk supply:

- Drained breasts make milk faster.
- Full breasts make milk slower.

Every time your breasts feel full, your milk supply slows down. The more times each day you drain your breasts well (by breastfeeding or pumping), the more milk you make. Try to avoid going too long (more than 8 hours) without breastfeeding or pumping, as this sends your body the message to slow down your milk supply.

The number of times you need to pump at work to keep up your milk supply will vary by your "breast storage capacity." This is the amount of milk your breasts can hold before feeling full. The room in the milk glands (not breast size!) is the basis for this and differs from one woman to the next. Women with a "large capacity" typically store more milk before feeling full. They may need to pump less often and get more milk at a pumping. Women with a "small capacity" typically get full faster and may need to pump more often to get the same amount of milk. Typically, both types of women should be able to make plenty of milk, but the number of pumpings needed can vary greatly. When deciding how often to pump at work, a good place to start is to divide your number of hours away from baby including travel time by 3. For example, 9 hours apart divided by 3 equals 3 pumpings. If you can't pump this much at work, make up for it by breastfeeding more at home.

To plan your pumping time at work:

- Find a place to wash your hands before pumping.
- If double-pumping, allow 10-15 min. each time and 5 min. to wash your pump parts in hot, soapy water, and rinse.
- To cut down on clean-up time, buy extra pump parts. With enough sets, you can wash them all in the dishwasher when you get home at night.

(Go to www.ameda.co.nz, Products—Breast Pump Accessories/Spare Parts)



You can also plan your day to reduce your need to pump at work.

- If you can, breastfeed baby twice in the morning: once when you wake up and again just before you leave the baby with the caregiver.
- Breastfeed after work as soon as you arrive at the caregiver. If your baby seems hungry just before you arrive, suggest giving as little milk as possible.
- Choose a caregiver closer to work than home to cut down on travel time and reduce your need to pump.

Sleeping all night may sound good, but it can reduce milk supply. (Full breasts may make milk slower.) Learn to breastfeed lying down so you can sleep and feed. Consider a co-sleeper baby bed that attaches to yours to make this easier. If you travel for work without your baby, keep that "magic number" steady. On the road, you can freeze your milk and keep it or decide not to keep it. Make sure you have extra pump parts with you and, if needed, extra batteries.

(Go to www.ameda.co.nz, Products—Breast Feeding Accessories and Breast Pump Accessories/Spare Parts)



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WHAT IS A 'PARTIAL WEANING'?

Not every mother can pump at work. But some mother's milk is always better than none. With a partial weaning, you can keep breastfeeding even if you have limited time to pump. You can even keep breastfeeding if you work full-time and cannot pump or choose not to. With a partial weaning, you can breastfeed at home yet work for all or part of the day without breast pain or fullness.

A partial weaning is an option if you will be going longer at work without pumping or breastfeeding than your baby's longest stretch between feedings at home. A partial weaning allows you to lower your milk supply slowly without pain or breast fullness. Too much breast fullness can not only be painful, it can also cause infection. With a partial weaning, you should be able to go comfortably for longer stretches without breastfeeding or pumping and still have milk for your baby when you get home.

To do a partial weaning, plan to bring down your milk supply a week or so before returning to work. The first step is to notice your usual breastfeeding times. Pick any feeding during the hours you'll be working. (Avoid the first morning feeding, when you will likely be full already.) If your baby is younger than a year, talk to your baby's physician or other healthcare provider about what to give instead and feed your baby what is recommended at the missed breastfeeding. If your baby is older than a year, cow's milk or solid foods can be used.

Continue to give what is recommended at this same feeding every day. Whenever you drop a breastfeeding, give your body at least 2-3 days before dropping another. If your breasts ever feel overly full, express just enough milk to feel comfortable. This means pumping just to comfort and no longer. Express a little milk whenever needed to stay comfortable.

When your breasts feel fine without breastfeeding or pumping for the length of time you will need to go between feedings or pumpings at work, you are ready. You can keep breastfeeding at this level for as long as you wish.

