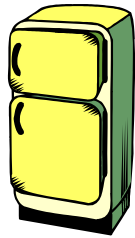


Storing and Handling of Breast Milk

- ◆ Wash your hands before you nurse your baby or pump your breasts.
- ◆ Store your milk in clean plastic or glass bottles, or plastic bottle liners. If you plan to freeze the milk in plastic liners, use double bags.
- ◆ Fill the container with 2 to 4 ounces of milk depending on how much your baby takes at a feeding.
- ◆ Label each container with your baby's name and the date.
- ◆ Refrigerate your milk, or put it on ice in a cooler.
- ◆ If you will not use the breast milk in 48 hours, freeze it. See storage chart below.



Refrigerator	Freezer Compartment <u>inside</u> Refrigerator	Separate Freezer Compartment	Upright or Chest Freezer at less than 0°F
48 Hours	2 Weeks	3 Months	6 Months

Thawing Frozen Breast Milk

- ◆ Rotate containers so you use the breast milk with the earliest date first.
- ◆ Thaw frozen breast milk under cool, running water or in the refrigerator no more than 24 hours before use. Milk can then be warmed under warm, running water before feeding.
- ◆ Never thaw breast milk at room temperature.
- ◆ Never thaw breast milk in the microwave. Microwaves can cause hot spots and destroy some of the health benefits of the milk.
- ◆ Separation of fat may occur during storage. Shake gently prior to feeding.
- ◆ Once milk has been thawed, do not refreeze.

WIC Breastfeeding Counselor: _____

Phone Number: _____

www.cdphe.state.co.us/pn/ns/wic/wichom.asp

Breastfeeding: Returning to Work or School?

Continuing to breastfeed while at work or school is good for you and your baby. You will feel closer to your baby and your baby will get the very best nutrition.



Are you wondering how to continue to breastfeed when you go back to work or school? A little planning makes it possible to successfully breastfeed your baby while being apart.



First - Before Going Back to Work or School

- ◆ Take as much maternity leave as possible. More time with your baby will help you build a good milk supply.
- ◆ Talk with your employer or school nurse about your breastfeeding plans. Arrange to return to work or school mid-week, if possible.
- ◆ Choose a childcare setting that supports breastfeeding.

Second – Pick an Option for Breastfeeding While at Work or School

Use Breast Milk Only

- ◆ Pump your milk at work or school and have the caregiver feed your baby your milk.
- ◆ Find a caregiver close to work or school. Go to your baby, or have your baby brought to you to breastfeed.

Use Breast Milk and Formula

- ◆ Breastfeed when you are with your baby in the morning and night and have the caregiver give infant formula when apart.

If You Choose Breast Milk Only . . .

Before Going Back to Work or School:

- ◆ Begin collecting and freezing extra milk about 3 to 4 weeks before your first day back. Try pumping leftover milk after your early-morning and mid-morning nursings or when your breasts feel fuller. Often you will have the most milk in the morning.
- ◆ At about 3 to 4 weeks of age, try introducing a bottle of your breast milk to your baby. This will help your baby get use to taking a bottle. Offer 1 to 2 ounces of breast milk in a bottle every few days. Some babies accept milk from a bottle better from someone other than their mother.
- ◆ Find a caregiver who supports breastfeeding and give her information on handling and storing breast milk. Let her know you plan on breastfeeding and how she can support you.

Once You are Back at Work or School:

- ◆ Find a clean private area at work or school to pump. When you return to work/school, try to pump 2-3 times in an 8-hour work day.
- ◆ Instruct your caregiver to hold off feeding the baby up to 30-45 minutes before you arrive as you will want to breastfeed your baby soon thereafter.
- ◆ Breastfeed often when you and your baby are together.

If You Choose Breast Milk and Formula . . .

It may be helpful for you to replace some breastfeeding with formula feedings one to two weeks before returning to work. Or, you can wait to begin formula when you return to work. If you wait, you may feel some fullness while your body gets used to the change.

A couple of weeks before your first day back begin offering breast milk or formula in a bottle. You may need to try several different bottle nipples. Some babies accept the bottle better from someone other than the mother.

Breastfeed your baby when you are together.

Collecting Your Breast Milk

If you cannot be with your baby, you can collect your breast milk by using a pump or by hand expression. Doing breast massage before expressing or using a pump helps your milk to flow. It also helps you move milk from the back of your breast to the nipple and helps you get more milk out. Use the palm of your hand or all your fingers. Massage gently but firmly, and always massage from back to front.

Pumps

There are many types of breast pumps you can use. Talk with your WIC counselor to help you choose a pump that best meets your needs. The WIC clinic may have pumps for loan.

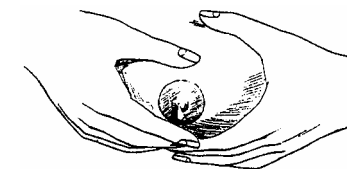
Types of Pumps

- ◆ Heavy Duty Electric Pumps
These pumps are best for mothers who are away from their babies for part or all of the day. They are efficient at collecting milk and can save you time by pumping both breasts at one time.
- ◆ Battery-Operated and Small Electric Pumps
These hand-held pumps are portable and easy to use. They are best for moms who only need to occasionally pump or are working part-time.
- ◆ Manual Pumps
These pumps are commonly used by moms who need to pump one time a day or less. If you need to pump more often consider one of the other pumps.
- ◆ Pedal Pumps
The pedal pump is like an electric pump. This pump is good for moms returning to work who do not have a heavy duty electric pump.

Hand Expression

Some mothers choose to remove milk by hand rather than use a pump. With practice hand expression can be a quick and convenient way to collect milk.

The best way to learn to hand express is to wait until you have breast fed for a week or two. A good time to begin is right after nursing because your milk will have already “let-down.”



- ◆ Wash your hands.
- ◆ Lean over a clean container to collect your milk.
- ◆ Put your thumb and index finger on the areola (darker skin around your nipple) and press into your chest. While pushing in, gently roll your thumb and finger together. Hold until no more milk comes out. Then move your fingers to another place around the areola and repeat the steps until no more comes out.
- ◆ Rotate your finger positions like the hands on a clock to make sure all your milk ducts are empty.
- ◆ Switch to the other breast and follow these same steps.