You can do it! Breastfeed WIC can help

Breastfeeding While Working or Going to School

You can still breastfeed after you go back to work or school. Breastfeed before you leave and again soon after you are back with your baby. Between feedings, pump or hand express your breastmilk into a bottle or container for feeding to your baby later. Breastfeeding keeps your baby healthier and is a great way to be closer to your baby when you return home.

Getting You and Your Baby Ready

- At least 2 weeks before returning to school or work, start to build your supply of frozen breastmilk by pumping your milk between feedings. While you are away, a caregiver can feed this stored breastmilk to your baby. (See ***Pumping & Storing Breastmilk for Your Baby*** handout for more information.)
- When your baby is about 4 weeks old, ask a family member to feed your baby a bottle of breastmilk. This helps your baby get used to being fed by someone else. Your baby may not want a bottle from you. Be patient. After a few tries, if your baby still refuses to drink from a bottle, try a different kind of nipple, or bottle.
- A week before you go back to work or school, leave your baby with a family member or childcare provider for 2 or 3 hours. Give them a bottle with 2 ounces of your expressed breastmilk. Let them know how to tell when your baby is full and that any leftover milk in a bottle should be thrown out.

When Returning to Work or School:

- Your workplace must give you break time to pump and try to find a private area other than a toilet stall for you to pump. If your workplace does not have a special place already, look around to see if you can find a place where you would be comfortable pumping. A double pump kit will help you to pump more breastmilk.
- Store your pumped breastmilk in a cool place. If there is no refrigerator, an insulated lunch bag with an ice pack will keep the milk cool for the day. Breastmilk should not be kept at room temperature for more than 5 hours.

- Ask a family member or caregiver to bring your baby to work or school to be breastfed.
- Ask if you can return to work fewer hours or have a more flexible schedule. Working or going to school for fewer hours may help you and your baby get used to being away from each other.

Call your WIC office to:

- get answers to your breastfeeding questions.
- learn how to hand express your breastmilk.
- find out how you may get a breastpump or double pump kit.

Babies are born to breastfeed!

CALIFORNIA WIC WOMEN, INFANTS & CHILDREN

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