



Western Upper Peninsula Health Department

BREASTFEEDING

The quarterly e-newsletter for breastfeeding information



YOU CAN DO IT

Breastfeeding while working or going to school

The thought of returning to school or work while continuing to breastfeed may sound daunting, but we're here to tell you that you can do it and do it well! Here are some tips:

FIRST AND FOREMOST

- Make a plan.
 - **Before** baby is born, talk to the people at your work and school to get on the same page.
 - Find out your options.
- Ask questions about space to breastfeed (or pump), and about policies.

BEFORE RETURNING TO WORK OR SCHOOL

- Have the items necessary to meet your goals **bottles, bags for milk, ice packs, and a carrier or cooler.**
- Talk to the people who will be caring for your baby.
- Make sure they know how to use and store expressed breast milk.

WHILE YOU'RE AT SCHOOL OR WORK

- Find a schedule that works for **everyone.**
- Most moms pump/express on lunch, or on designated break times.
- Find a place TO pump/express (not a restroom).

WHEN YOU GET HOME

- Breastfeed your baby when you get home and at daycare.
- Continue to breastfeed while you are together!

ALSO IN THIS ISSUE:

Success looks different for everyone - 2
Tech, Tools, or Tips - 2

The time you spend home with your baby is valuable.

When you feel ready, or after a few weeks, you can begin hand expressing and/or pumping to begin building up a supply for while you are away from baby if that is necessary.

It is important to learn how to safely store, freeze, and thaw your milk. (See below)

Always remember you can ask for help by contacting your local WIC agency or breastfeeding peer support person

SUCCESS LOOKS DIFFERENT FOR EVERYONE

Something that is very important to remember during your breastfeeding journey is that **success looks different for everyone**.

Don't compare yourself to other moms! Your goals may be completely different.

What matters most is that you and your baby **find your own rhythm**.

Always remember that by doing **your** best with your breastfeeding journey, you are giving your baby a wonderful, irreplaceable gift!

After all it is a journey that you get to share **together**, how special is that!



Tech, Tools, or Tips: The Breastfeeding Resource Corner

- If possible, place your expressed milk in a refrigerator as soon as possible. Otherwise keep it in a **cold, insulated carrier/lunch bag/cooler with ice packs**
- There are hand expression Youtube videos available if you want a visual of what to do
- In need of a breast pump? Call your insurance company to see what they provide. If you do not qualify through your insurance company, call your local WIC office.

Human Milk Storage Guidelines

TYPE OF BREAST MILK	STORAGE LOCATIONS AND TEMPERATURES		
	Countertop 77°F (25°C) or colder <i>(room temperature)</i>	Refrigerator 40 °F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best Up to 12 months is acceptable
Thawed, Previously Frozen	1-2 Hours	Up to 1 Day <i>(24 hours)</i>	NEVER refreeze human milk after it has been thawed
Leftover from a Feeding <i>(baby did not finish the bottle)</i>	Use within 2 hours after the baby is finished feeding		

These guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your health care provider.

Find more breastfeeding resources at: WICBreastfeeding.fns.usda.gov
www.cdc.gov/breastfeeding/

