



Lactation University Volunteer Support Program

Track 2: Postpartum Meetings

Theme: Milk Maintenance

Pumping and Returning to Work

OBJECTIVES:

1. Attendees will be able to list 3 ways to increase their milk supply
2. Attendees will be able to state 3 ways to make the transition back to work smoother
3. Attendees will be able to explain the most effective way to pump
4. Attendees will be able to describe how to properly store breastmilk

Education: Making More Milk

A lot of people have the “perception of low milk supply.” It is the most common reason people start to supplement. We have discussed ways to ensure enough milk is getting to the baby, but if you want to increase your supply there are some helpful practices.

- Have a babymoon (24 hours in bed, skin to skin)
- Feed baby more often
- Get plenty of rest
- Nourish and hydrate for energy
- Breast compressions while pumping or nursing
- Pump after feeding
- Collect milk with a silicone collection device while feeding on one side for 2-3 sessions daily (only if baby does not usually feed from both sides)
- Acupuncture
- Refer mom to an IBCLC for assessment

If baby is still not getting full, you might consider triple feeding (breastfeed, pump and then feed baby the pumped milk)

Education: Preparing to Return to Work

Most people who worked prior to having a baby must return to work. If you plan to return to work, you can add a few pumping sessions daily to have a small stash prepared in case of an emergency. Normally, it is enough to use pumping breaks on one day to provide milk for the following day. It is not necessary to fill your freezer. A good rule to follow is supply about 1-1.5oz for each hour you will be away from your baby (12 oz for an 8-hour day).

If an employee is returning to a full week of work, it is best if they can start in the middle of the week so they can adjust. Employers should be aware of employee rights, but new parents may have to share the Workplace Accommodation Law with their employer.

Education: Pumping and Storing

Make sure you are using a pump with an adjustable vacuum and cycles. The flange should be measured correctly. Pumping should not be painful. You might consider using a food-grade oil in the flange so your nipple can move freely while you are pumping.

Breast milk should be stored in clean glass bottles, BPA-free plastic bottles with tight-fitting lids or milk storage bags designed for breastmilk storage. After pumping, date collection, and refrigerate or freeze immediately. Store milk in small batches (2 to 4 ounces), when babies are newborns, so you don't have to defrost more than is necessary.

Breastmilk can be stored for about 5 hours on the counter, 5 days in the refrigerator and 5 months in the freezer. Some storage guidelines are more conservative.

Education: Daycare/caretaker education

It is important to explain to the baby's caregiver the best way to bottle feed while you are away. Paced bottle feeding should be taught. Also explain that breastmilk will separate in the refrigerator, and it is not spoiled, it just needs to be shaken before feeding.

Suggested Teaching Techniques: Discussion, videos, care plans

ADDITIONAL RESOURCES: video, pumping schedule, flange fitting tool

<https://www.babiesincommon.com/guidetranslations>, Workplace Accommodation Law

[https://www.dir.ca.gov/dlse/Lactation Accommodation.htm#:~:text=Does%20my%20employer%20have%20to,are%20expressing%20milk%20in%20private.](https://www.dir.ca.gov/dlse/Lactation%20Accommodation.htm#:~:text=Does%20my%20employer%20have%20to,are%20expressing%20milk%20in%20private.)