

## Returning to Work Lactation Checklist

It's understandable to feel overwhelmed by the prospect of returning to work or school and continuing to breastfeed. Just like you devised a labor and delivery plan, outlining a breastfeeding plan for returning to work will maximize your success. Take things one day at a time and take an advantage of the resources that you have.

### Plan Ahead at Work

Talk with your supervisor before beginning Maternity Leave. If you plan to continue breastfeeding when you return, work with your supervisor/manager for any lactation accommodation you may need.

Take as much leave time as you can and continue to talk with your supervisor/manager after you return to work to evaluate what's working and what isn't. Consider returning to work part-time or begin working on a short week (e.g., Wednesday or Thursday). That way, your first week back at work doesn't feel so long.

Be sure to pack all needed supplies and self-care items such as personal pump, attachments, cleaning supplies, sealable plastic bags, bra pads, extra shirt, pictures/videos of baby, etc.

### Plan Ahead at Home

Four to six weeks prior to your return to work, start collecting one bottle of breast milk, per day. Set a total goal of 24-32 oz. to have on "reserve". Leave your pump station set-up for pumping.

- Whenever your baby nurses one side, but not the other--pump that other side
- If your baby takes a long nap, try to pump in the middle
- Pump one side while the baby nurses the other
- Pump one hour after baby goes to bed/after the first breastfeeding of the morning

Your baby is the best pump. Nurse your baby whenever you are at home – at night, in the morning, and on the weekends. Breastfeeding is a wonderful way to reunite with your baby physically and emotionally when you return home from work. A nursing marathon over the weekend is usually all a mom really needs to get a supply back up by Monday.

### Try Maintaining Your Pumping Time Schedule

For some women, skipping a pumping time three days in a row can drastically reduce their milk supply. Regular pumping keeps your milk supply up. The more you pump, or feed, the more milk you will produce.

- Ideally, a nursing mom who is away from her baby for 6-8 hours should plan to pump as often as she would feed her baby during that time, about 3 times. Realistically, that may amount to 2 times during her absence.

For additional resources and support, visit the UCI HR Wellness Website at [hr.uci.edu/wellness](http://hr.uci.edu/wellness)