

Please do not Disturb



Pumping in Progress



BREAST MILK

EVERY OUNCE COUNTS

Here are some tips to help you continue to breastfeed after returning to work or school.

While pregnant:

- Share your plan to continue breastfeeding with your family and ask them for their support as you transition back into your work or school schedule.
- Speak with your employer or school about pumping on site.
- Choose a child-care provider that supports breastfeeding.

While on maternity leave:

- Nurse your baby often to build up a good milk supply.
- Start pumping and storing your milk about two weeks before returning to work or school.
- Let another person feed your baby a bottle of breastmilk several times the week or two before returning to work or school. This will help your baby get used to the bottle.

While pumping:

- Sip a refreshing drink.
- Relax and think about your baby.
- Look at a picture of your baby.
- Massage your breasts to help increase your milk supply.
- Be sure to pump your milk as often as you would nurse your baby.
- Don't worry about how much milk you are getting.

Take one day at a time and be willing to try new ways to make breastfeeding a success. Be proud of all your efforts!



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Breastfeeding Help and Information

1-800-514-6667

www.breastmilkcounts.com