



BreastfeedSJC
Breastfeeding Coalition of San Joaquin

10 TIPS FOR RETURNING TO SCHOOL OR WORK

- 1** Make a breastfeeding plan. Go to breastfeedingpartners.org to see an example of a breastfeeding plan.
- 2** During your pregnancy speak with your employer about where you can express milk on your breaks.
- 3** Get breastfeeding off to a good start. Visit BreastfeedSJC.org for a list of San Joaquin County organizations who are eager to help you and your baby have a wonderful breastfeeding experience.
- 4** After the first few weeks of breastfeeding begin pumping and storing your milk each day.
- 5** Choose a childcare provider close to where you live or work. This may make it possible for you to breastfeed your baby on your lunch break. You can provide your childcare provider with your milk so that the baby can be fed your breast milk when he/she is there.
- 6** Give your baby breast milk from a bottle once a day, about two weeks before your baby begins attending childcare. Use a newborn or slow-flow nipple.
- 7** About two weeks prior to returning to work start practicing the sleeping and feeding schedule that you will be following when you return to work.
- 8** The week before returning to work practice taking your baby to the childcare provider. Pump on the schedule you will use at work.
- 9** Pack your bag and your baby's bag each night before you go to work.
- 10** If you can, return to work on a Wednesday or Thursday. You need time to get used to how long it takes to get ready in the morning with a new baby. Your first week back may be an adjustment for you and for your family.

THE MISSION OF
BFC SJC

is to organize local efforts to improve the health of our community by promoting educating, and providing support for breastfeeding. For more information, visit www.breastfeedsjc.org or call us at 209.688.5287