Returning to Work While Breastfeeding Checklist

EQUIPMENT:

☑ Rent/buy a breast pump for home use (the Medela Symphony preemie+ is the pump model available in the Duke Lactation rooms. You will need to bring your own attachments for use.). Space is available in the lactation rooms if you choose to bring your own portable pump. Some women find it helpful to bring their own pump the first day.

☑ Buy milk storage, cooling, and bottle-feeding equipment (silicone nipples are recommended for easy cleaning).

AT HOME:

☑ Begin using your pump before your return to work (best if begun between 3rd-5th weeks after breastfeeding starts). This will help you get used to the breast-pumping process, as well as to set up a milk supply in advance.

☑ Start your baby on some breast milk bottle-feedings to help make sure that he or she will not refuse the bottle when you return to work.

AT YOUR WORKPLACE:

☑ Plan how breast-pumping will fit into your work schedule. This should fit as closely as possible to your baby's usual feeding times. You should plan on at least 20 minutes for each pumping session, not including set-up and clean-up.

☑ If you do not have a private space to pump, set up access to one of the Duke lactation rooms. Contact Staff & Family Programs at 919-684-9040.

☑ Determine how you will refrigerate and transport your expressed milk.

☑ Rehearse your routine before your actual work return date. Consider planning a day there in advance for a walk-through session.

FOR YOUR SUPPORT:

We recommend that you establish contact with a lactation consultant, so that you will know in advance whom to call if problems with expressing milk arise on the job. Local lactation consultant resources are usually available via your obstetrician or pediatrician.

For information about lactation consultants, contact Nancy Murray at 919-620-5374.