

## Breastfeeding support is available

Continuing to breastfeed when you return to work or school has many rewards for you and your baby. You may have questions when you are planning your return or while you are breastfeeding after returning. Public Health Nurses are available to provide breastfeeding information and support.



Call Toronto Health Connection

**416-338-7600**

Monday to Friday  
8:30 a.m. – 4:30 p.m.

 **TORONTO**  
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## Breastfeeding and Returning to Work or School



Graphic by  
Paulo Santos,  
Brazil

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## Yes you can breastfeed and return to work or school!

Congratulations! You have made a wonderful choice by breastfeeding your baby.

Continuing to breastfeed while working or returning to school can be a very rewarding and satisfying experience; however, balancing family and work or school life may require some planning.

If you plan to continue breastfeeding when you return to work or school, you can express or pump your milk. Your breasts will continue to produce enough milk as long as you breastfeed, express or pump regularly. Any amount of breast milk is good for your baby.

When you and your baby are together, you can breastfeed as much as you like. Breastfeeding your baby when you arrive home is a great way to reconnect. Many mothers feel this allows them to spend time with their baby before starting other activities.

## Tips on combining breastfeeding with work or school

- Discuss your plans with your employer. The Ontario Human Rights Commission states that employers are required to accommodate women who are breastfeeding.
- Breastfeed your baby before you leave and when you arrive home.
- Practice expressing or pumping your milk before returning to work or school.
- Choose a caregiver who shares your beliefs about breastfeeding.
- Depending on your workplace or school, you may need to negotiate a quiet place to express your milk or breastfeed your baby.
- Talk to other women who have combined work and breastfeeding.
- Continue to eat healthy foods and drink to satisfy your thirst.
- Expressed or pumped breast milk may be given to your baby in a small cup or sipper cup in your absence.
- The number of times you will need to pump or express your milk while you are away from home will depend on the length of time you are away and the age of the baby. In general, you would express or pump as often as you would breastfeed.
- Pump or express your breast milk in any location you are most comfortable.
- Patterned clothes will help to hide an accidental leak.
- Differences in milk supply are normal from day to day so don't worry about this.
- Pumping both breasts at the same time can help to decrease your pumping time.
- Expressed breast milk must be stored in a refrigerator or a cooler bag with a cold pack.
- It is important to use a cooler bag while transporting expressed breast milk.