



Breastfeeding & Returning to Work

1. Know your rights

Delaware law (Senate Bill 212) states that employers may not discriminate against pregnant or lactating (breastfeeding) women, and must make reasonable accommodations (space and break time) for breastfeeding or pumping.

2. Find space

Employers must provide a private space (that is not a bathroom) in which mothers can pump during the workday. Before you return to work, ask your employer what space will be available for your use.

3. Find time

Based on your work schedule, plan for times to express milk. You will likely need at least 20 minutes about 2-3 times during a typical 8-hour work day. The number of times you pump would ideally be equal to the number of times that your baby will eat while you are apart.

4. Find storage

Work with your employer to figure out where you can store your breast milk. Breast milk can be stored safely in a staff refrigerator. Bring a cooler with ice packs if a refrigerator isn't available.

5. Ask around

Get tips from women at your company who have successfully breastfed after returning to work.

6. Attend classes

Attend prenatal classes at your local hospital, WIC clinic or workplace, or local breastfeeding support meetings such as La Leche League.

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7. Get a pump

The Affordable Care Act (Section 2174) requires most health insurance plans to cover the cost of a breast pump with no co-pay. Your lactation consultant, insurance company, local hospital, WIC or Public Health department can help you find out how to get a pump.

8. Establish a good milk supply

Put your baby to the breast within the first hour after birth and 8 or more times every 24 hours. Avoid using bottles or pacifiers for the first month of your baby's life, or at least until breastfeeding is going well.

9. Practice pumping

After breastfeeding is going well, add some pumping sessions and begin to freeze milk in preparation for your return to work. Have a back-up plan in case your freezer loses power. Having problems pumping? Contact a lactation consultant! Also, have others practice bottle feeding your milk to your baby. You may need to try different bottles to see which baby takes most easily.

10. Return to work

Start gradually if possible. For example, go back on a Thursday or Friday or before a few days off, take Wednesdays off for the first few weeks to get a mid week break, work a split shift and use your mid day break to visit your baby, or find child care close to work where you can breastfeed your baby during breaks. Childcare providers in DE are required to support breastfeeding.



Breastfeeding Coalition
of Delaware

RESOURCES:

Breastfeeding Coalition of Delaware: www.delawarebreastfeeding.org

U.S. Office on Women's Health <http://www.womenshealth.gov/breastfeeding/employer-solutions/nursing-moms.html> and click, "Office on Women's Health -

Pumping Moms: <http://kellymom.com/category/bf/pumpingmoms/>

Back to work basics: <http://www.workandpump.com/gettingstarted.htm>

Safe storage of breast milk:

https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm

