

Breastfeeding and Work or School

Time: 20 - 30 minutes total

Purpose: Teach women how to combine breastfeeding with work or school or busy lives.

Objectives: Participants will be able to:

- 1). State one or more options for combining breastfeeding and work school, or busy life.
- 2). List strategies that result in a successful return to work or school.
- 3). Identify tips for successful use of the breast pump.

Materials: Returning to Work/School pamphlet (PM –360)

Tips to Getting the Baby to Take the Bottle (*See handout at end of lesson*)

Cold Facts on Milk storage handout (*FM- 521*)

Sample Manual & Double Deluxe Pumps

Bottle Liner Bags

Balloons

Prizes (optional)

1. **Introduction** – Breastfeeding brings many advantages to the working and student moms. Babies in daycare receive antibodies from the breast milk to protect them from illnesses, infections and germs. Parents miss fewer days from work to care for a sick infant. Breastfeeding is one way the working mother can leave her baby with something special when she cannot be with him. Today, we will discuss some options to successfully combine breastfeeding with work or school. Many of these tips are also useful for the busy mom who needs to be away from her baby occasionally.

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2. **Ask “ Have you known anyone who continued to breastfeed after going back to work or school?”** Depending on the group and how much they already know, the following information is helpful to share:

- Exclusive breastfeeding is the most ideal option.
 - A mother can bring her baby to work and nurse when needed.
 - The baby can be brought to the mother to breastfeed.
 - The mother can go to the baby at a work-site daycare or one nearby.
- Breastfeeding plus breast milk by bottle is an excellent option.
 - Nurse in the early mornings, evenings and at night.
 - Use a breastpump when away from the baby.
 - The caregiver can give the baby pumped breast milk from the bottle.
- Breastfeeding plus formula feeding is a good option as well.
 - The mother nurses baby when she is with him.
 - The caregiver can give formula to the baby when the mother is away.
 - The mother’s milk production will adjust so that her milk is only produced at times when she is usually with the baby.

3. **What things would be helpful to talk about with the boss or teacher if a mother plans to continue breastfeeding?** Adjust according to the responses from the group and use points they didn’t make.

- A private place to pump or nurse – a store room, someone’s office, etc.
- Break time to pump (Should pump at least 3 times in 8 hrs to give baby breast milk only).
- A place to store the pumped breast milk (Can use an insulated cooler).
- The possibility of working part-time or gradually increasing the hours.

4. **“ What are some strategies to help a working mom or student be successful with breastfeeding?”** After discussion, emphasize the following:

- Build up a good milk supply in the first 4 to 6 weeks
 - Nurse frequently, whenever the baby desires.

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- Breastfeed exclusively and avoid formula, water or baby foods unless medically required.
 - Stay home from work or school as long as possible
 - Offer the baby his first bottle at 3 to 4 weeks of age.
 - Give a small amount of breast milk in the bottle.
 - Offer one bottle each day to keep the baby interested.
 - If planning to use breastmilk only:
 - About 2 to 4 weeks before your return, begin pumping and storing breast milk for the freezer.
 - Gradually start to feed the baby according to your work or school schedule.
 - If planning to use breastmilk and formula:
 - About 2 weeks before your return, gradually begin to replace the daytime breastfeedings with formula feedings. (Distribute the “Return to Work” pamphlet. It has a sample schedule.)
 - Allow 2 to 3 days after each replaced breastfeeding to allow time for the breasts to adjust.
 - Discuss the following with the caregiver.
 - How to store, thaw and use the breast milk.
 - A place to breastfeed the baby prior to leaving him and picking him up.
 - How to comfort the baby without overfeeding if mother is scheduled to arrive for a breastfeeding.
5. **Breastpumps** - Show the manual and Double Deluxe Pumps.
- Pass out several Double Deluxe pumps. Ask participants **to put them together and try them on the balloons**, working in pairs.
 - As they work with the pumps, emphasize these points:
 - Mothers who sign up for WIC as a breastfeeding woman can receive either or both of these pumps.
 - Show the plastic liner bags that can be used to store milk.
 - Discuss helpful tips for using a pump.
 - Practice using the pump before it is needed (**Not during Pregnancy!**).

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- Massage the breast before pumping to increase the milk flow.
- Single pump one breast while the baby nurses the other.

6. Summary statement:

Today we've explored ways to combine breastfeeding and work or school. Preparation and commitment are needed to succeed, but are well worth the effort.

Tips for Getting the Breastfed Baby to Take the Bottle

Before Going Back to Work or School

- ❑ Introduce the bottle at 3 – 4 weeks.
- ❑ Offer at least one bottle each day.
- ❑ Allow someone other than the mother to give the bottle, if the baby refuses.
- ❑ Encourage the mother to leave the house (Babies can smell the odor of the milk several feet away).

Ways to Encourage the Baby to Take the Bottle

- ❑ Try offering the bottle before the baby is likely to be too hungry. Offer small sips of milk by spoon, cup or dropper to keep baby from being overly hungry while attempts are made to take the bottle.
- ❑ Wrap the baby in a piece of the mother's worn clothing while offering the bottle.
- ❑ Tickle the baby's lips or lay the bottle nipple near the baby's mouth and allow him to pull it in himself.
- ❑ Try running warm water over the bottle nipple to bring it up to room temperature.
- ❑ Try different types of bottle nipples to find a shape, a substance (rubber or silicone), and a hole size the baby will accept.
- ❑ Try different feeding positions. Allow baby to sit propped against the caregiver's raised legs or turn baby with back against caregiver's chest facing out.
- ❑ Try to feed the baby while moving rhythmically-rocking or swaying from side to side because this may be calming to baby. Sit baby upright in the car seat to offer the bottle.
- ❑ Insert the bottle nipple into the baby's mouth when he's sleeping.
- ❑ Keep trying, but remember that the baby can be fed the mother's milk with a cup, spoon or medicine dropper if the baby continues to refuse the bottle.

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