



## Breastfeeding AND work

Going back to work doesn't mean an end to breastfeeding. Many new moms find they can pump their breastmilk while at work. This allows them to keep their milk supply up. It also gives them milk to feed their baby later, so they can reduce the need for formula.

- Ask your employer about a place to pump at work. You should have a place to pump safely and privately that's not a bathroom.
- Your employer should also allow adequate break times to pump.
- Invest in a quality pump. Many moms find that electric pumps are easier and faster than manual ones. A pump may be covered by your insurance.
- Have ice packs and coolers to store your milk while at work. It's important to keep breastmilk fresh and safe for your baby.

Source: U.S. Department of Health and Human Services