

How to Build Your Milk Stash

FOR RETURNING TO WORK

STEP 1

After nursing is well established (typically around 4-6 weeks), choose a start date at least 2 weeks before plan to return to work.

STEP 2

Nurse baby when you wake up, then pump both breasts for 10 minutes.

- Repeat for 3-4 days until you feel comfortable with pumping

STEP 3

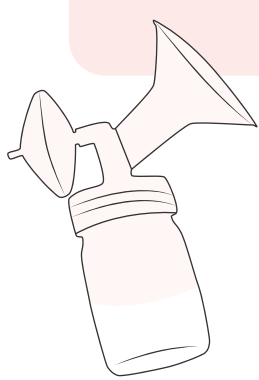
Once you are comfortable with pumping - continue step 2, then replace one of your nursing sessions throughout the day with a pumping session.

- Begin pumping about 30 minutes before you think baby might be hungry
- Pumping for 15-20 minutes
- Use your pumped milk to introduce a bottle

STEP 4

Continue pumping for 10 minutes after the first morning nursing sessions. Add the milk to your stash.

- Gradually replace 2-3 additional nursing sessions with pumping and bottle
- Feedings as your return to work date gets closer
- Try a “practice run” of your pumping and nursing routine on the last two days before you go back to work

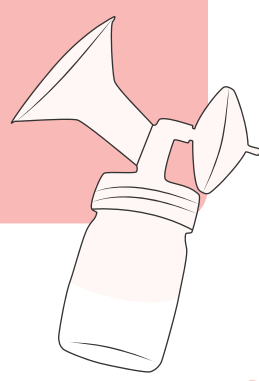


Mothers with an oversupply of milk should consult with an IBCLC before adding pumping sessions.

Sample Routine

FOR ONCE YOU'VE RETURNED TO WORK

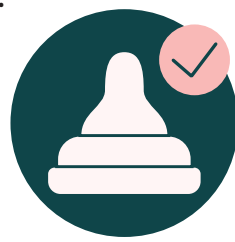
1. Nurse baby when you wake up
2. Nurse just before leaving for work
3. Pump mid-morning
4. Pump on your lunch break
5. Pump mid-afternoon
6. Nurse baby when you return home



Most moms need to express milk every 3 hours while separated from baby.

BOTTLE ADVICE

- When choosing a bottle, select a nipple that is slow flow (*when you turn your bottle upside down, there should only be one drop of milk every few seconds*).
- The nipple should be shaped like your breasts with a gradual slant.
- Use paced bottle feeding.



PUMPING REMINDERS

- Most babies, from 1-6 months of age, consume on average 25oz per day of breastmilk
- This means you only need to pump about 1oz per hour.
- 15-20 minutes is the average pumping session needed.
- Extract the amount of milk baby will need at one feeding.
- Every. Drop. Counts.

Use the next page while pumping to focus your mind to get your milk flowing!

MINDFUL AFFIRMATIONS

I am proud of myself.

My body is capable of amazing thing.

I trust my feelings and instincts
as a mother.

I won't give up on a bad day.

Place a photo of
your baby here!

My breast milk is just
right for my baby.

I am nourishing my baby perfectly.

My baby and I are learning together.

This will get easier.

Every. Drop. Counts.