**Make it Work**

It’s Worth It!

Before Baby

- Talk to human resources, supervisor or student services about your pumping plans.
- If your job or school has a breastfeeding room, visit the area & ask how to use it.
- Find out how to get a pump (insurance or buy your own).
- Talk to different childcare providers before making a choice.

Before You Go Back

- Set up a pumping schedule with supervisor or teachers.
- Offer a bottle once or twice a day a few weeks before you return to work or school.
- Talk with your childcare providers about feeding your pumped milk to your baby.
  - To Defrost milk: Thaw in fridge or place under cool running water.
  - To Warm Up milk: Place bag or bottle in a bowl with warm tap water or hold bag or bottle under cool running water, raising temp slowly.

What to Pack

Be sure to wash/clean hands prior to pumping. It is recommended to clean pump parts after each use. Sanitize once a day.

**Need to have:**

- Breast pump
- Milk storage bags/bottles
- Pen to label pumped milk or/labels for milk containers
- Icepacks and insulated bag
- Soap to clean breast pump (you can also use breast pump wipes or microwaveable breast pump bags)

**Nice to have:**

- Healthy snack & water
- An extra set of breast pads, if you use them
- Spare pump parts or batteries in case of power outage

*Check if there is a refrigerator you can use.

**Human Milk Storage Guidelines**

<table>
<thead>
<tr>
<th></th>
<th>Countertop or table</th>
<th>Refrigerator</th>
<th>Freezer with separate door</th>
<th>Deep Freezer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Storage Temperatures</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Freshly Pumped/</td>
<td>Up to 77° F (25° C)</td>
<td>At or below 40° F (4° C)</td>
<td>At or below 0° F (-18° C)</td>
<td>At or below -4° F (-20° C)</td>
</tr>
<tr>
<td>Expired Human Milk</td>
<td>Up to 4 hours</td>
<td>Up to 4 days</td>
<td>Up to 6 months</td>
<td>Up to 12 months</td>
</tr>
<tr>
<td>Thawed Human Milk</td>
<td>1-2 hours</td>
<td>Up to 1 day (24 hours)</td>
<td>Never refreeze thawed human milk</td>
<td></td>
</tr>
</tbody>
</table>

**Resources**

- For employees returning to work
  www.breastfeedingct.org/makeitwork
- Your rights & the law
  www.breastfeedingct.org/laws
- Find lactation professionals near you, if you need one!
  www.zipmilk.org
- What to ask childcare providers
  www.breastfeedingct.org/childcare
- Tips to maintain your milk supply
  www.breastfeedingct.org/supply
- How to hand express milk
  www.breastfeedingct.org/tips
- List 2 people that will support my breastfeeding goals

*These tips are for healthy, full-term infants. If you are pumping for medical reasons, talk to your health care provider for more information.

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