

## WHERE WILL I PUMP?

By law, Minnesota employers must give you a reasonable place to pump on your breaks that is not a bathroom stall. Ask your WIC staff for more information if you need it.

**Breastfeeding room:** Some employers have private rooms for their employees to pump in.

**Managers Office:** If this only semi-private, for example security cameras but a locked door, consider a nursing cover to go over your breasts and pump for privacy.

**Car:** You can use a hand pump or purchase a car adaptor for your electric pump.

**Dressing room:** Department stores and retail clothing stores have private dressing rooms that could be used for pumping.

## DO YOU NEED A BREASTPUMP?

If you need a breast pump, your health insurance may provide one after your baby is born. Contact your health insurance company by calling customer service number on the back of your card. Your health care provider may also be able to help with more information about getting a pump.

If you have more questions about being away from your baby and continuing to breastfeed, call your breastfeeding support person!

## Breastfeeding Resources:

Anoka County WIC:

763-324-4230

Anoka County Public Health Nurse:

763-324-4240

LaLeche League:

1-877-452-5324

National Women's Health

Breastfeeding Helpline:

1-800-994-9662

Mercy Hospital Breastfeeding Warmline:

763-236-7430



This institution is an equal opportunity provider.

**Breastfeeding**  
**When you need to be**  
**away**

## WHY CONTINUE TO BREASTFEED?

Breastfeeding is recommended for a least 12months according to the American Academy of Pediatrics. The longer babies are breastfeed the greater the health effects for mom and baby. Breastfeeding also reduces your time away from work or school due to baby's illnesses.

## BENEFITS OF CONTINUED BREASTFEEDING

### BABY— REDUCED RISKS

- ◇ Ear infections
- ◇ Diarrhea
- ◇ Infections
- ◇ Pneumonia
- ◇ SIDS
- ◇ Diabetes
- ◇ Cancer
- ◇ Urinary Tract Infections
- ◇ Meningitis

### MOTHER— REDUCED RISKS

- ◇ Postpartum bleeding
- ◇ Ovarian Cancer
- ◇ Premenopausal breast cancer
- ◇ Obesity
- ◇ Broken bones from osteoporosis

### Keep breastfeeding!

Contact your WIC clinic or other breastfeeding support person for extra help.



## COLLECTING BREASTMILK

### Preparing to go back to school or work:

- Practice pumping 1-2weeks before going back to work
- Pump when baby only nurses on one side, skips a feeding (long nap), or only nurses a short time.
- Save milk in the freezer for emergencies
- Have someone else offer baby a bottle to practice bottle feeding; 1oz feedings won't interfere with breastfeeding

### Storing breastmilk

- Pumped milk can vary in color, smell and consistency depending on your diet.
- You can add cooled milk together through the day. Avoid adding warm milk to already cooled milk.
- Freeze milk in small containers, 1-4ozs at first

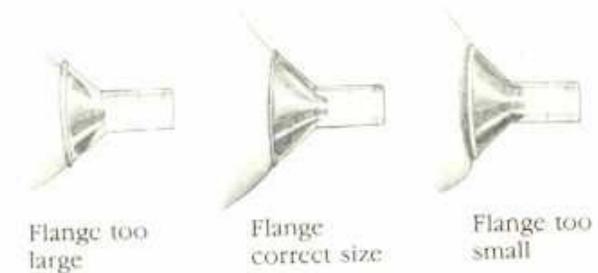
### Back to school or work:

- Feed baby before leaving for work and right when you get home
- Pump as often as baby would eat, about every 3hours if able.
- Try to plan for three 15minute breaks and pump for 10-15minutes each break
- If you can't pump three times during the day, pump as often as possible

## DOES PUMPING HURT?

IF PUMPING HURTS , NIPPLES ARE RUBBING ON THE INSIDE OF THE FLANGE TUNNELS OR MILK SUPPLY IS DROPPING YOU MAY NEED A DIFFERENT SIZE FLANGE. CORRECT SIZING CAN IMPROVE COMFORT AND FLOW. TURNING DOWN THE SUCTION OR SHORTENING PUMP TIME COULD ALSO REDUCE SORENESS.

SEE PICTURES BELOW.



## Breastmilk Storage Guidelines:

	Room Temperature	Cooler with 3 Frozen Ice Packs	Refrigerator	Self-Contained Freezer Unit	Deep Freezer
Freshly expressed breastmilk	6-8 hours	24 hours	5 days	3-6months	6-12 months
Thawed breastmilk (already frozen)	Do not store	Do not store	24 hours	Never refreeze thawed milk	Never refreeze thawed milk