

# Breastfeeding Webinar Series (3 of 3) Returning to Work and/or School

August 24, 2020



 **minnesota**  
**breastfeeding coalition**  
*breastfeeding: healthy babies • healthy families • healthy communities*

 **Minnesota**  
**Community**  
**Health Worker**  
**Alliance**

# Objectives

In this webinar, we will learn about:

- Planning tips to share with families before baby comes
- Selfcare
- Strategies to help mothers maintain a strong milk supply while working or attending school
- Facts to share with families about breast milk pumping and formula feeding while away from baby
- Ways to encourage self-advocacy at home, school and work regarding balancing employment, personal and family needs
- Stress management and balance.



## Planning: Prenatal



- Finding a breastfeeding-supportive childcare setting or family/friend/neighbor care
- According to MN law, employers must provide time and space for milk expression during the workday
- Beginning the conversation with your employer during the prenatal period
- Obtaining breast pump: Where? Insurance coverage? Can you reuse?

## Pumps and Bottles



- Wash parts of pump that have contact with milk with warm water and dish soap after each use, set out to air-dry
- Use a designated bottle-brush and dishpan or bowl for pumps and bottle cleaning
- Sanitize pumps once daily in a dishwasher or in a pot of boiling water for 5 minutes
- Paced bottle feeding  
<https://www.lowmilksupply.org/paced-feeding>
- Nipple confusion

## Planning: Shortly before return



- Practicing with breast pump
- Practicing with bottle
- Creating a milk stash
- Managing emotions around returning early
- Planning return around your and baby's needs
- Educating caregivers about management and use of breastmilk



## Cultural Perspectives



- How is the US different from other countries as it concerns returning to work or school?
- Other contexts and perspectives
- CHW role: engage with questions to understand a family's culture with respect to breastfeeding

## Maintaining a healthy milk supply while working; How often to pump



- Removing milk from breast drives milk supply. Pump as often as you would have fed if you were with baby
- The Mohrbacher's "Magic Number" concept
- Might help to feed baby right before leaving and as soon as you return
- Explore having someone bring baby to work for feeding



Maintaining a healthy milk supply while working: Getting the most milk possible while pumping



- Hands-on pumping: massage breasts, use pumping bra or bra with slit, hand express
- Take your mind off how much milk is coming: watch baby videos or pictures, listen to music, play a game.
- If getting enough milk during the workday is hard, consider pumping first thing in the morning when breasts are full or on days off

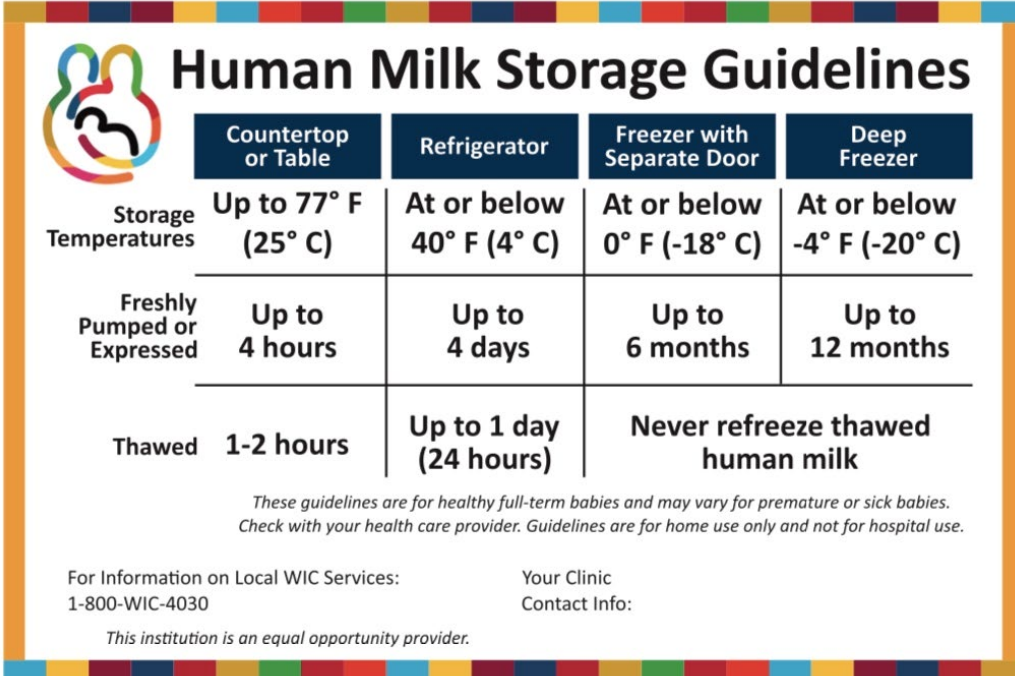


How much milk does  
baby need at  
childcare?



- A 9- to 10-pound breastfed baby needs about 25-30 oz/day of milk; about 3 to 4 oz/feeding every 3 hours
- Breastfed babies take around 4 oz every 2-4 hours and continue to feed at this rate for the whole first year.
- Babies can begin eating complementary solid food at about 6 months.

Don't let the milk be wasted



The poster features a colorful border and a logo of a mother and child. It contains a table with storage guidelines for different temperatures and states of milk. Below the table, there is a disclaimer and contact information for WIC services.

	Countertop or Table	Refrigerator	Freezer with Separate Door	Deep Freezer
Storage Temperatures	Up to 77° F (25° C)	At or below 40° F (4° C)	At or below 0° F (-18° C)	At or below -4° F (-20° C)
Freshly Pumped or Expressed	Up to 4 hours	Up to 4 days	Up to 6 months	Up to 12 months
Thawed	1-2 hours	Up to 1 day (24 hours)	Never refreeze thawed human milk	

*These guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your health care provider. Guidelines are for home use only and not for hospital use.*

For Information on Local WIC Services: 1-800-WIC-4030  
Your Clinic Contact Info:

*This institution is an equal opportunity provider.*

- Consider packing in 3 to 4 oz bottles and 1 oz bottles as snacks
- Keep some milk frozen so it can last longer than 48 hours
- Review storage and handling guidelines



## Combination Feeding



- You don't have to stop breastfeeding if you're unable to pump enough milk
- Formula can be used to supplement milk but know that milk flow will reduce
- It's not necessary to wean; any amount of breastmilk provides valuable protection

## Self-advocacy at Home



- Educating family on returning to work/school
- Setting goals
- Flexing schedules or splitting leave to maximize care of infant
- Bringing baby to Mom at work/school to breastfeed
- Managing family pressure with regards to type of feeding



## Self-advocacy, as a student, at school



- Advocating for feeding/leave time
- Securing time and space for milk expression
- Making up instruction time
- Exploring bringing breastfeeding baby into classroom
- Learning from fellow students
- Breastfeeding students are protected through Title IX

## Self-advocacy at work



- What worksites can do to support breastfeeding: providing time and space
- Start advocacy during prenatal period, before leave; speak with HR and supervisors
- Learn from colleagues
- Explore bringing your infant to work, even part-time



# Referrals



- Connecting families with resources and providing guidance and follow up throughout referral process
- Culturally-specific resources including (virtual) peer support networks, baby cafes, etc.
- Some examples are: Club Mom, Chocolate Milk Club, La Leche League, WIC and so on

# Recap



- Be good to your self
- There is no one right way however, there are guidelines to help
- Planning and having the important conversations lay the foundation for successful breastfeeding
- Self advocacy with family, employers, school, etc., is key
- Identify and lean on your support system



# Additional Resources and Breastfeeding Support

- Early Childhood Family Education District 833; Kathy Morris, 651-470-0310
- Club Mom and PAT Home Visitor; LaSherion McDonald. Email: [Lasherion.mcdonald@CO.RAMSEY.MN.US](mailto:Lasherion.mcdonald@CO.RAMSEY.MN.US) Phone: (612) 368-4453; Sharron Berkley. Email: [Sharron.berkley@CO.RAMSEY.MN.US](mailto:Sharron.berkley@CO.RAMSEY.MN.US) PHONE (612) 772-2588
- Club Dad and PAT Home Visitor; Thomas Chatman. Email: [Thomas.chatman@CO.RAMSEY.MN.US](mailto:Thomas.chatman@CO.RAMSEY.MN.US) Phone: (612) 500-7415
- Latch Café Support Group by Anne Cassens, IBCLC of The Baby Whisperer Lactation Consultants. Facebook: <https://www.facebook.com/events/418970685610346/>
- Health Foundations Milk Hour by Jayme Jo Ebert, IBCLC of Health Foundations Birth Center + Women's Health Clinic. Facebook: <https://www.facebook.com/healthfoundations/>
- LaLeche League of Golden Valley and St. Louis Park. Facebook: [https://www.facebook.com/LLLoGoldenValley/?hc\\_location=ufi](https://www.facebook.com/LLLoGoldenValley/?hc_location=ufi)
- Lactation Lounge by Jessica Underwood (LaLeche League Leader) of Blooma. Website: <https://www.blooma.com/cbe-lactation>
- Virtual breastfeeding and newborn care classes by Blooma. Website: <https://www.blooma.com/education-workshops>
- Virtual support groups by Minnesota Birth Center run by nurse IBCLC. Facebook: <https://www.facebook.com/events/160926421880060/>
- Chocolate Milk Club founded by Dr LaVonne Moore. Phone: (612) 850-0016, Fax: (612) 287-9242. Email: [KemetCircle@hotmail.com](mailto:KemetCircle@hotmail.com). Website: <http://www.chosenvesselsmidwiferyservices.com/chocolate-milk-club/>
- R.O.S.E. (Reaching Our Sisters Everywhere). Website: <http://www.breastfeedingrose.org/>
- Black Women Do Breastfeed Blog. Website: [www.blackwomendobreastfeed.org](http://www.blackwomendobreastfeed.org)
- Virtual prenatal breastfeeding classes by Birth Ed childbirth and breastfeeding education. Website: <https://www.birthedmn.com/workshops>
- Mohrbacher's magic number concept: <https://praeclaruspress.com/wp-content/uploads/2014/12/MohrbacherMagicNumber2011.pdf>
- Making sure your childcare provider is breastfeeding friendly: <https://cobfc.org/wp-content/uploads/2017/06/Finding-Breastfeeding-Friendly-Child-Care.pdf>



**THANK YOU!**

### Presenters

- Ann Oswood
- LaSherion McDonald
- Anne Ganey
- Shandy Mangra
- Linda Kopecky

### For more information:

- Minnesota Breastfeeding Coalition (MBC): <https://mnbreastfeedingcoalition.org/>
- Minnesota Community Health Worker Alliance (MCHWA): <http://mnchwalliance.org>