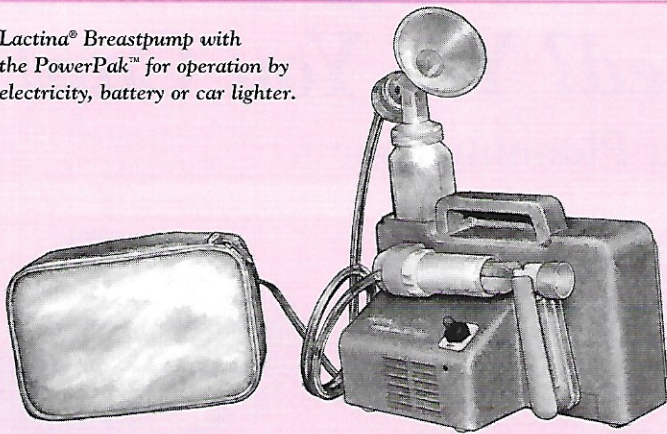


Lactina® Breastpump with the PowerPak™ for operation by electricity, battery or car lighter.



- Once your milk is well-established and your baby is nursing well (at about 4 to 6 weeks), introduce a bottle. This step prepares your baby for bottle feeding during the day while you are at work. Keep in mind that babies usually associate breastfeeding with mom. Consequently, in the beginning, some babies are more receptive to a bottle if it is offered to them from someone other than you.
- Purchase or rent a high-quality, automatic, electric breast pump. For example, Medela's Lactina® or Pump In Style® are state-of-the-art in performance, safety and convenience. They run on regular electricity or can be battery-operated. They also can be powered by a vehicle battery via a cigarette lighter connector. Other smaller pumps may not be able to maintain your milk supply on a long term basis.
- Use a double-pumping kit with your electric breast pump. By expressing both breasts simultaneously, most mothers can complete a pumping session in just 10 to 15 minutes, which easily fits into a break period or lunch time.

Breastmilk availability works on a supply and demand basis. Maintaining a good milk supply depends on the regular stimulation provided by baby or by pumping. Double pumping increases your prolactin levels, which helps maintain milk supply. This benefit is important to working mothers who might have difficulty maintaining their milk supply because baby isn't always available for breast stimulation.

- To familiarize yourself with the process and help build up milk supply, start using your electric breastpump about one to two weeks before you return to work. Try to simulate what your pumping schedule will be at work.
- To ease your transition back to work, try to return midweek so that you have only a few days before the weekend. Plan to breastfeed at least once before you leave in the morning. If you can, go home or to your daycare facility at lunch time to breastfeed, or have your baby brought to you. If breastfeeding

during the lunch hour is not possible, plan to pump two to three times during the day at work. (Remember, if you are using a double-pumping kit, that's just about 45 minutes out of your work day.)

Breastfeed as soon as you can after you return home or reach the day care facility, during the evening, before bed, and on weekends as often as possible. Depending on your baby's age and the amount of time you spend away from him or her, you might be able to reduce the number of pumping sessions at work to one or two times a day.

- If your company does not make a special room available for mothers who are breastpumping, find a spot that is as private and comfortable as possible. Bring along a picture of your baby, something to drink and perhaps a small snack. If you have difficulty letting down, take a few deep breaths, listen to some soothing music or imagine your baby nursing.
- You can store the milk you pump each day so that it is available for your baby the following day while you are at work. If a refrigerator is not available, use a cooler case. Medela offers a number of options, including a soft-sided carrying case for the Lactina Breastpump with a built-in cooler.

Human milk can be kept in the refrigerator for up to 5-7 days. If you must keep it longer than 5-7 days, label the bottles with the date and store them in a home freezer. Breastmilk should be placed in freezer within 24 hours. Breastmilk will keep in the freezer for six months. Thaw frozen milk in warm water; do not microwave or boil it.

You Can Do It!

It is typical for any new mother returning to work to feel fatigued and to experience a sense of loss over leaving her new baby in someone else's care. If you have been breastfeeding your baby, you may feel even more sadness at the prospect of having to cease a natural process that has protected your infant's health and created such a powerful, nurturing bond between you and your baby.

These kinds of reactions to stopping breastfeeding before you really want to are quite normal. The good news is that you don't have to stop. Pumping your breastmilk at work will maintain your milk supply so that you can continue to breastfeed mornings, evenings and on weekends—until you and your baby are ready to wean.

You'll need some patience to get through a period of adjustment. You'll need some practice with the pump. And of course, it helps to have an understanding employer. But the choice is yours. Return to work and continue to breastfeed. Yes, you can!

 medela®

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