While pregnant
• Find a breastfeeding friendly child care provider.
• Discuss breastfeeding plans with employer, including a gradual return-to-work schedule (working 3 days a week to start, having a mid-week day off, etc).
• Look for times in your current work schedule that can be used for pumping or nursing.
• Attend a breastfeeding support group.
• Research breast pumps.

In the first several weeks after birth
• Breastfeed often and on demand.
• Make sure breastfeeding is going well before giving a pacifier, bottle or starting to pump, unless medically indicated.

Two weeks before returning to work or school (or sooner)
• Review plans with your baby’s caregiver.
• Find a comfortable and effective breast pump.
• Store expressed breastmilk in the freezer to keep as a reserve.
• Establish a nursing and pumping routine.
• Practice giving expressed breastmilk in a bottle to your baby once per day (many babies will take a bottle better from someone other than mom).
• Find a bag for pumping supplies including a cooler bag with ice packs to keep your milk cold.

One week before
• If possible, leave your baby with your caregiver a few hours each day.
• Get up an hour earlier than you normally would to practice getting both you and your baby ready for the day.
• Time your route to your caregiver and work. Allow plenty of time for nursing, settling the baby and saying goodbye.

The night before
• Pack your diaper bag, pump, water and snacks for work. Go to bed early!

The morning of
• Eat breakfast first, then get ready.
• Wake, nurse & dress your baby.
• Pack thawed milk (1-2oz more than you expect baby to drink). Make sure it is clearly labeled with 1) today’s date 2) baby’s name 3) date milk was expressed.
• Plan to breastfeed baby when dropping off & picking up from child caregiver.

When picking up baby
• Bring home any unused breastmilk from caregiver. Re-label with tomorrow’s date & use the next day.

For more information, contact your WIC office, La Leche League, a Breastfeeding Peer Counselor, or a Lactation Consultant.

This has been adapted from NMWIC in collaboration with the New Mexico Breastfeeding Task Force. www.breastfeedingnewmexico.org