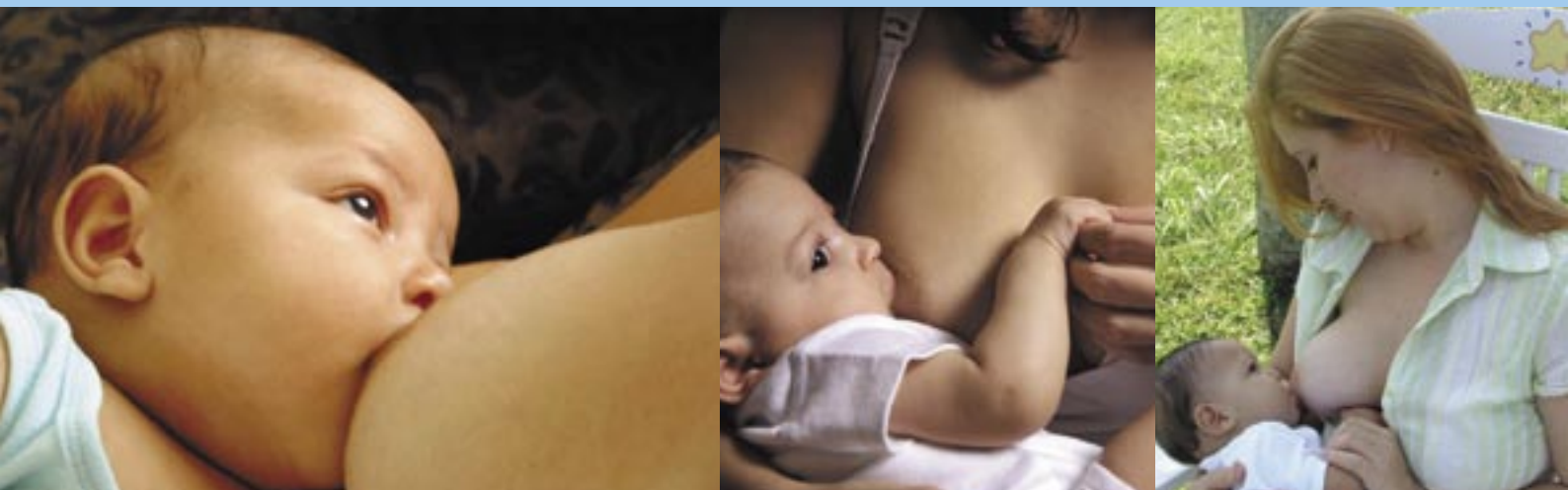




Tresillian

# breastfeeding & returning to work



## breastfeeding & returning to work

Tresillian 24 hr Parents Help Line  
(02) 9787 0855  
or 1800 637 357  
(Freecall outside the Sydney Metropolitan area)  
[www.tresillian.net](http://www.tresillian.net)

Speak to a Tresillian Child & Family Health Nurse  
on-line at [ninemsn.com.au/messengermums](http://ninemsn.com.au/messengermums) or  
visit our website at [www.tresillian.net](http://www.tresillian.net)

### **Being a working mother is a challenging role.**

Deciding how to feed your baby once you return to work can be difficult and is a personal decision. It is important that you think about what is preferable for you and your family.

This parent help brochure  
has been generously  
sponsored by:

**Bepanthen®**  
OLENTMENT  
Help stop nappy rash before it starts



# breastfeeding & returning to work

## breastfeeding & returning to work

### Here are some options if you choose to continue breastfeeding on your return to work:

- Replace breastfeeds during work hours with expressed breast milk
- Replace breastfeeds during working hours with infant formula
- Replace breastfeeds with solid food when your baby is 6 months or older
- Assuming that you have a good milk supply you only need to express at times when your baby would normally feed
- If you are having difficulty keeping up with your baby's demand you may need to express more frequently
- Negotiate with your manager a suitable place to express and store your breast milk through the day
- Decide how to express - hand or pump – electric or hand
- Wash hands before expressing
- Store breast milk in sterile plastic or glass containers
- Store milk in single serve sizes
- Store milk in the back of the fridge where it is coldest (3-5 days if temp is 4°C or less, 2 days if unsure of the temperature)
- Milk can be frozen in the freezer section of a refrigerator (with a separate door) for 3 months or 6 -12 months in a deep freeze (-18C or less)
- When transporting milk from work or to childcare you could use an esky or cooler bag with ice or a freezer brick
- Thaw expressed milk in the fridge overnight or in warm water. Do NOT microwave expressed breast milk as the milk could contain hotspots that may harm your baby. Boiling the milk may affect its nutritious quality
- Try to introduce your baby to the cup or bottle 2 or 3 weeks before returning to work, a baby can feed from a cup from about 7 months of age
- If possible build up a reserve of breast milk prior to returning to work
- If your baby is in childcare, label your expressed milk with baby's name and the time and date expressed, so that the oldest milk can be used first

**If you still need further assistance contact the  
Tresillian 24 hr Parents Help line on (02) 9787 0855 or  
1800 637 357 (Freecall outside the Sydney Metropolitan area)  
or you may prefer to use our online Messenger Mums service at:**

<http://health.ninemsn.com.au/messengermums>

**Useful websites** [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)  
[www.health.gov.au](http://www.health.gov.au) (nutrition)  
[www.cyh.com.au](http://www.cyh.com.au)