



Feeding Plan	
	Volume
	1.7 oz
n	2.0 mL
	1.7 mL
n	1.5 mL
	2.5 mL
n	1.0 mL
	—

Back to *Work*



**and still
breastfeeding?**



You Can Do Both

Going back to work brings a lot of feelings at once. Excitement, sadness, worry, relief sometimes all in the same morning. **If breastfeeding is important to you**, we want you to know: **it does not have to stop just because work starts again.**

- ✓ Start your plan **2–4 weeks before** your return. You don't need a huge freezer stash — a small practice supply is enough.

Talk to Your Workplace First

Nursing employees have the right to **reasonable break time** and a **private space** — not a bathroom. Keep it simple:

"I am breastfeeding and will need a private space and a couple of short breaks to pump. Can we put a plan in place before I return?"

→ **Location**

Where is the pumping space and how to make it private?

→ **Facilities**

Where to wash pump parts? Is there a fridge or should you bring a cooler?

→ **Schedule**

How should pump breaks be noted in your calendar?

Practice Before Day One

Pumping can feel strange at first — that is completely normal. Check that your **flange fits correctly**. Pain means something needs adjusting; stronger suction is not always better.

- ❏ If baby hasn't taken a bottle yet, ask another caregiver to offer one when baby is calm. Use **slow, paced feeding** to ease the transition.

Your Workday Pumping Rhythm

Pump roughly as many times as baby would normally feed while you're apart. For a full 8-hour day: **2–3 sessions**.

1

Before You Leave

Feed baby or pump at home

2

Mid-Morning

First pump session at work

3

Lunch

Second pump session — label milk with date & baby's name

4

Mid-Afternoon

Third session if needed for a full day

5

Reunite at Home

Feed baby when you return — a lovely way to reconnect 

What to Pack in Your Pump Bag



Pump + Cord

Or backup batteries



Pump Parts

Clean set + one spare



Cooler + Ice Packs

Plus storage bags, labels & marker



Snacks + Water

Spare shirt too



Baby Photo/Video

Genuinely helps with let-down

When to Reach Out for Support

Contact a **lactation consultant, WIC peer counselor, or your healthcare provider** if you notice any of these:

Pumping Hurts

Pain is not normal — get a flange fit check

Supply Drops Suddenly

A quick call can catch issues early

Baby Refuses Bottles

A counselor can troubleshoot feeding transitions

Signs of Mastitis

Fever, chills, tender swollen area — seek care promptly

Your Quick Checklist

- ☐ I know where I will pump at work and how to make the space private
- ☐ I know my rights or who to ask about workplace pumping protections
- ☐ I have practiced pumping and storing milk before my first day
- ☐ Baby has practiced slow bottle feeding with another caregiver or doula
- ☐ My pump bag is packed the night before

You've Got This!

Returning to work does not mean the end of breastfeeding. With a simple plan, you can keep going for as long as *you* choose.



Our doulas can help you create a feeding routine that feels manageable for you and your baby.
Book a free consultation today.

doulasbythebay.com/discovery