A Day in the Life of a Working & Pumping Mom

- Before you go to bed:
  - Wash the pump parts and bottles and let them air-dry.
  - Prepare snacks and lunch for the next day.
- In the morning:
  - BREASTFEED before getting ready for work.
  - Pack the pump parts, bottles and ice for your cooler.
  - BREASTFEED at child care and leave your breastmilk labeled with your baby's name.
- At work:
  - Most moms find they maintain their milk supply if they pump or breastfeed every 2-3 hours for at least 10-15 minutes.
  - Wash your hands before and after pumping.
  - Most moms find that they make more milk if they relax, take deep breaths, massage their breasts, and/or look at their baby's picture before pumping.
  - Rinse your pump well and assemble it again for the next pumping.
- When you get to child care:
  - BREASTFEED before going home with your baby.
- When you get home:
  - Label your milk with the date and your baby's name.
  - Refrigerate your milk for the next day or freeze it if you will not use in 24 hours.
  - BREASTFEED whenever your baby wants to.

If you don't have enough milk, have your child care worker FIRST give YOUR milk. It should not be mixed with formula. If your baby still needs more milk, give formula afterwards. If your baby is over 6 months old, solids work well, too. **Every drop of your milk is like GOLD, make sure your baby gets it first!**

Sample Work-day Schedule of Breastfeeding and Pumping

Time	Activity	Location
6:00 AM	Breastfeed	Home
7:30 AM	Breastfeed	Child care
10:30 AM	Pump – break time	Work
12:30 PM	Pump (or breastfeed)	Work or child care*
3:00 PM	Pump – break time	Work
5:30 PM	Breastfeed	Child care or home
Other times	Breastfeed, Breastfeed, Breastfeed	ANYWHERE!

* Some mothers choose a child care near their work so they can visit their baby and breastfeed at lunchtime. They find this works best for them – even though it means they may work a little later in the evenings.

YOUR Schedule

Time	Activity	Location

Northeast Valley Health Corporation - WIC Program
Breastfeeding Task Force of Greater Los Angeles
This institution is an equal opportunity provider.

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