



## Whatever Time You Spend Nursing is Good for You and Your Baby.

- Nurse before you leave your baby and as soon as possible when you pick your baby up or arrive at home.
- Write down your usual feeding times for the sitter and ask her to feed your baby near these times.
- Ask the sitter not to feed your baby right before you pick her up.
- Don't be surprised if your baby wants to nurse often when you are together. Try not to offer bottles, especially of formula, at these times. The more you nurse, the more milk you will make.
- Provide extra breastfeedings at night and on your days off.



IDAHO DEPARTMENT OF  
HEALTH & WELFARE

Contact the Idaho CareLine for additional information:  
Call 211 or 1-800-926-2588 TDD 208-332-7205

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## Breastfeeding Basics

# Collecting & Storing Your Milk



# Returning to Work or School



You can work or go to school and continue to breastfeed. Be creative and find what works for you! Here are three possibilities:

- 1** Find a babysitter or daycare close to work or school. Go to your baby or have your baby brought to you to nurse.
- 2** Nurse before and after work or school. Hand express or pump your milk at work or school. Give your milk to the sitter to feed your baby the next day.
- 3** Nurse before and after work or school. If necessary, have the sitter give your baby formula while you are gone, and resume breastfeeding when you and your baby are together again. You may need to express milk during the day for comfort in the early weeks.

# Methods for Expressing Breastmilk

*There are a variety of ways to express breastmilk. The method you choose may depend on your needs or breastfeeding goals.*



**Hand Expression**

This is an option for almost every mother. Hand expression can be used as a way to relieve fullness or express milk to be used for your baby.

Place your fingers and thumb about one inch away from the areola in a C shape.

1. Press straight back toward your chest
2. Gently compress or bring fingers and thumb together and
3. Release the pressure.

Start over, repeating steps 1 through 3 and collect drops or streams of milk in a spoon or bowl. Go back and forth from one breast to the other.



**Manual Pump**

Manual pumps are best used for occasional use or mothers who are returning to work/school part time.

Pick out the correct nipple adapter for your breast size (if available). Put the adapter in the breast shield.

Center this piece over your nipple and hold the pump in place.

With the type of pump shown, gently pull the outer section of the pump to create suction. Continue to pull in and out as milk starts dripping into the pump.

When milk flow slows down, switch to your other breast. Then massage both breasts again and continue pumping. With a single manual pump, pumping takes about 20-30 minutes.



**Double Electric Breast Pump**

If you are going back to work full time, you may need a double electric breast pump in order to keep your milk supply up. Pumping with a high-grade double electric pump takes about 15 minutes. Ask a Lactation Consultant or WIC staff person to help you learn how to use this type of pump.

# Cleaning a Pump

*For manual or electric pumps.*

Refer to your pump's instructions also.

## Before using a new pump

1. Rinse all parts that come in contact with the breast and/or breastmilk.
2. Place in boiling water for 10 minutes. Remove and allow parts to air dry.

## After each use

1. Separate all parts that come in contact with the breast and/or breastmilk.
2. Soak separated parts in warm soapy water. Clean with a cloth or soft brush and rinse, or wash separated parts on the top rack of a dishwasher.
3. Allow parts to air dry.
4. For electric pumps, wipe the outside of the tubing clean.

# Storing Your Milk

1

Store your milk in a clean plastic or glass bottle or disposable milk storage bag. You may find your breastmilk has a greenish-blueish tint. This is normal.

2

Store in small amounts—about 2-4 oz. per container. If you plan to freeze the milk, double bag the pumped milk. Allow a small amount of space for expansion due to freezing.

3

Label container with your name and the current date on masking tape.

4

Use the oldest milk first. It is normal for fat in stored milk to rise to the top of the container and make the rest of the milk look watery.

5

The Rule of 5: Your milk will last about 5 hours on the shelf, 5 days in a refrigerator, and 5 months in the freezer. Storage times can vary, so ask your Lactation Consultant if you have questions.

6

If you don't have a refrigerator or freezer close by when you collect your milk, pack your milk with frozen ice packs.

7

To thaw your frozen milk, swirl the bottle/bag gently while holding it under warm water or thaw in the refrigerator. DO NOT boil or microwave it. DO NOT refreeze breastmilk once it is thawed.