

Breastfeeding for the Working Mom **A blog from someone who's been there**

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As a working mom of two little boys I wanted to write about my experiences with breastfeeding. When I was pregnant with my first child, I read a few books about breastfeeding and was frustrated with the lack of information available for working and breastfeeding moms. I found that I learned the majority of my information from other breastfeeding and working moms, and from trial and error. I recently gave birth to my second child and am using what I learned to greater success.

Here is my story and recommendations. It is important to be aware that every baby is different, our bodies are different, and your family is different than mine. What worked for me many not work for you. Here is what I did and it is my hope it may help you.

Starting at the hospital and later at home, I pumped after the first feeding of the day. I put the milk in plastic storage bags and froze it in my freezer. By pumping each morning after the first feeding of the day, I was able to train my body to have extra milk available each morning. I continue now to pump each morning after breastfeeding and that gives us extra milk each day.

Over my maternity leave we introduced the bottle around 4 weeks and would try to give one feeding with the bottle a few times a week to get my little guy used to the bottle. We don't use fancy bottles or nipples: I just use the most inexpensive ones I can find. By the end of maternity leave, I had a freezer full of milk. Most importantly, however, it increased my production. Please note: don't worry if you don't have a freezer full of milk when you go back to work. What you pump on Monday at work your baby will eat on Tuesday, etc. We rarely use our frozen milk, and I have actually moved mine to my parent's deep freezer to make room for some ice cream!

I went back to work at 7 weeks with my first son and was able to breastfeed him for one year. My production slightly decreased around 9 months and we supplemented him with a few ounces of formula here and there after that point. I went back to work with my second son at 8 weeks and he is currently 6 months old and hasn't needed any formula so far. I work an average of 55 hours per week and some weeks up to 80 hours.

Here is a typical day:

- 6:00 am: Get up and breastfeed
- 6:30 Take a shower, pump as I dry my hair and put on make up
- 7:15 Eat breakfast—it is very important to eat multiple times a day when breastfeeding. You burn an extra 500 calories per day!
- 8:00 Workday starts
- 12:00 Pump as I eat lunch and do paper work. I have to pack my lunch when I am breastfeeding because I don't have time to go to the cafeteria to buy lunch.
- 5:00 pm Pump and go home
- 6:00 Breastfeed or bottle of pumped milk
- 9:00 Breastfeed

I work a 24-hour shift about once per week and I pump when I can those days.

Other tips

I highly recommend the breastfeeding class offered by [Maple Grove Hospital](#). It is a two-hour class and well worth your time. Also the lactation consultants at Maple Grove Hospital and at my pediatrician's office were extremely important in my first few weeks of breastfeeding.

My breastfeeding equipment:

1. My Pump—I have the Medela freestyle. I don't think I could have survived without it. I am able to attach it to my breastfeeding bra and pump and do my hair/makeup, do charting on my laptop and work, eat my lunch, and answer phone calls.
2. Nursing bras—I just purchased the inexpensive ones (average \$15) from the local big box store
3. Nursing pads—for work I use Lily Padz as they are reusable, don't show through your clothes, and don't leak.
4. Medela quick clean wipes to clean my pump at work
5. Plastic breast milk storage bags

I also adjusted my work wardrobe to be mainly machine-washable blouses that I can easily unbutton when I pump.

Thanks for reading my blog post. I hope that you found it to be helpful. Remember to use my insights to get ideas. You may find that something completely different that works for you.

A special thanks to my husband, who washes all the bottles and pump and feeds our baby when I am at work. Please ask questions at your prenatal visits and post partum visit. We are here to help.