

To All Great Mothers of the 21st Century

Mothers of the 21st century are the greatest mothers of all ages, capable of balancing the commitments of work and family!

Nowadays, with the growing recognition of the benefits of breastfeeding, increasing number of working mothers choose to breastfeed their babies.

Just because you are returning to work does not mean that you have to stop breastfeeding. In fact, you can still continue to breastfeed even when you return to work!

With adequate preparation, your determination and support from your family and employers, you will be able to take on the crucial role of a working & nursing mother.





Even though it takes a little extra effort to continue breastfeeding when you return to work, the benefits gained far outweigh the short-term inconveniences!

Helpful Hints For Working Mothers

To Establish & Maintain a Good Supply of Breastmilk Before Returning to Work

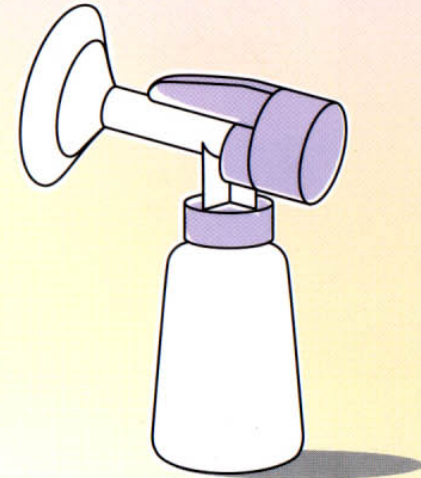
- Set your goal, discuss with your family, & gain their support before delivery.
- Start breastfeeding within 1 hour after delivery, & give unrestricted feeds (exclusive demand breastfeeding, if possible) ~10-12 times per day while you are with your baby. The best way to stimulate breastmilk production is to let the baby suckle at the breast frequently.
- Relax as much as possible, & have confidence in yourself. (Stress, fatigue & lack of confidence will hinder successful breastfeeding.)



Preparation Before Returning to Work

- Learn how to express your breastmilk by hand or breast pump well before you return to work. (You may ask for professional help & appropriate advice from a nearby Maternal & Child Health Centre.)
- Set up a "milk bank" in your home.
- Have a refrigerator with a freezer compartment.
- Prepare clean plastic containers with a tight lid, or use special breastmilk freezer bags for storage.

Please refer to the pamphlet on "Expression and Storage of Breastmilk", for further details.



The Following Schedule Will Enable You to Balance Work and Breastfeeding

- Feed your baby well before the time you leave home in the morning. While the baby is nursing on one breast, you can express breastmilk from the other side at the same time.
- At work, express breastmilk during lunch & tea breaks, or if possible, whenever your breasts feel full. This helps to maintain breastmilk supply and prevent engorgement.
- Nurse your baby as soon as you arrive home from work.
- Allow enough time to give some night feeds before going to bed. Night feeds can increase breastmilk production & enable you to maintain an adequate breastmilk supply.
- If your expressed breastmilk is not enough for all feeds while you are at work, your baby can be supplemented with formula as required. But make sure that the baby is not given formula milk within an hour or two of your return, to ensure that the baby will have a good feed when you nurse him.
- Give unrestricted, demand feeds during the weekends and days off. This will enable you to build up more breastmilk supply for the week ahead.