

**How often do I need to express?**

As often as baby feeds.

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**How much do I need to express each time?**

As much as you can.

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**How long can breastmilk be stored?**

Three to five days in the fridge  
or up to 3 months in the freezer

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**What information do I give my baby's caregiver about using expressed breastmilk?**

Thaw expressed breastmilk slowly in cool  
or warm water (do not use a  
microwave oven)

Use cup or bottle to give baby breastmilk  
Discard breastmilk if not used in 24 hours

**If I am not able to express enough  
breastmilk for my baby,  
what do I do?**

Have your expressing method checked by  
a child health nurse or Nursing  
Mothers' Association of Australia  
breastfeeding counsellor

Express more often

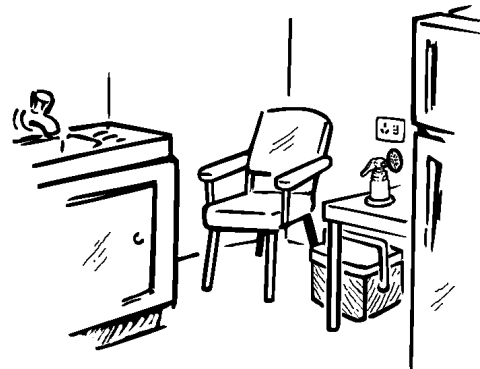
Breastfeed more often at home

Give baby formula when at work

Try another type of pump

Take it easy

For more information contact the  
Nursing Mothers' Association of Australia  
(see your local White Pages) or visit  
[www.health.gov.au/pubhlth/strateg/brfeed/](http://www.health.gov.au/pubhlth/strateg/brfeed/)



# Balancing breastfeeding and work



Important Information  
for women



# Balancing breastfeeding and work

## ***Why should I consider balancing breastfeeding and work?***

It's free  
Perfect food for baby  
More easily digested  
Healthier baby  
Saves time  
Close bonding  
Healthy mother



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## ***How can I balance breastfeeding and work?***

Delay return to work  
Work from home  
Work flexible hours  
Work less hours  
Express breastmilk at work  
Breastfeed at home, baby has formula when you are at work  
Use child care onsite or near work  
Bring baby to work



## ***How long will expressing or breastfeeding at work last?***

A few weeks or months - as long as you choose.

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## ***What should I do before my baby arrives?***

Find support for breastfeeding  
Talk to your supervisor or employee representative about your entitlements  
Request maternity leave

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## ***What should I do before I return to work?***

Talk to other mothers who have combined breastfeeding and work  
Talk to your supervisor about how you can keep breastfeeding  
Choose child care  
Learn to express your breastmilk

## ***How do I express, store and transport my expressed breastmilk?***

Decide what to use - hand express, or a breast pump - hand, electric or battery

Find a clean private room to express

Store breastmilk in fridge or freezer

Use plastic or glass containers or milk bags

Transport breastmilk in cold container



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## ***How do I successfully express?***

Wash hands before expressing  
Clean equipment  
Read breastpump instructions carefully  
Relax when expressing  
Massage breasts before expressing  
Store breastmilk safely  
Look after yourself

