

Show Notes

Episode 104

Transitioning back to work after the birth of a child is stressful and emotional. If you are a lactating parent, the pressure to pump enough milk while separated from your baby can be a large barrier to continuing your lactation journey. On this episode, Sam and Emily share the tips and techniques they learned while pumping.



Since 2010, the federal [“Break Time for Nursing Mothers”](#) law has helped make breastfeeding and working possible for more moms across the country. The law requires employers to provide break time and a private place for hourly paid employees to pump breast milk during the work day. This is part of the Affordable Care Act.

- The law states that employers must provide a "reasonable" amount of time and that they must provide a private space other than a bathroom.
- They are required to provide this until the employee's baby turns one year old.
- Every lactating person requires a unique amount of time and number of times they will need to pump during any given work day. In order to maintain supply, it is recommended that you pump every time your baby needs to eat.

Tips for Successful Pumping at Work

- Be proactive in learning about what you are entitled to in the workplace as a lactating person.
- Keep the lines of communication open with your boss to let them know what you will be needed when you return to work.
- Store your pump parts in the fridge after using - no need to wash them each time!
- Stay hydrated!
- Learn relaxation techniques! Watch your favorite show, calming music, etc.
- Look at videos of your baby crying if you're struggling with a letdown.
- Pack your pumping bag the night before.
- Feed your baby right before you leave for work.
- Seek support from other lactation professionals and friends!

For more information including "Back to Work" lactation classes, check out [Milkworks](#), located in Lincoln, NE and Omaha, NE!

To learn more about Omaha Better Birth Project, visit
www.omahabetterbirth.org