

Pride

I am proud of the fact that even though I work full time, I still give my baby my breastmilk. Working and having a baby is hard. Breastfeeding is our special bonding time. It is a great way to blend working and being a mom. The best time of day is when I get home and breastfeed my baby.



Tips Pumping Breastmilk

- Plan ahead. Practice pumping before you return to work or school.
- Fully breastfeeding without any formula will help your body know how to make enough milk for your baby.
- Plan times to pump when you are separated from your baby and times to breastfeed when you and your baby are together.
- Try to find a private and quiet, comfortable place to pump and relax.
- Look at a picture of your baby while pumping.
- Keep hands, pump and containers clean.
- Be prepared. Learn how to express milk without a pump. Ask a WIC nutritionist or peer counselor to show you how.



WIC helps me by:

- Providing a breast pump
- Linking me with a peer counselor
- Offering support and advice when I need it

Tips Storing Breastmilk

- Put breastmilk on a shelf in the refrigerator or in a cooler with ice.
- Use pumped milk within 48 hours or freeze it to use later.
- Breastmilk can be frozen for up to 3 months.
- Once it has thawed, use it within 24 hours.
- DO NOT re-freeze.
- Thaw or warm breastmilk under warm running water.
- Never microwave breastmilk. It can cause hot spots that can burn the baby's mouth and too much heat can destroy nutrients.
- Do not save pumped breastmilk left in the bottle after a feeding.

Breastfeeding... Love to grow on!



New Hampshire Department of Health and Human Services
Division of Public Health Services
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