

# Resources for Returning to Work or School

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## Breastfeedingpartners.org

### Making it Work Toolkit

The Making It Work Toolkit is an online resource for breastfeeding mothers returning to work or school. The toolkit is designed to provide assistance to breastfeeding mothers as well as tools and information for businesses and families. The online toolkit can be printed, viewed on the website, shared with others, and downloaded onto your mobile device for easy access. There are five individual toolkits:

- For Moms
- For Family Members
- For Employers
- The Law
- Other Materials

## Womenshealth.gov

Planning ahead for your return to work can help ease the transition. Learn as much as you can before the baby's birth, and talk with your employer about your options. Planning ahead can help you continue to enjoy breastfeeding your baby long after your maternity leave is over. Topics include the following:

- What can I do during my pregnancy to prepare for breastfeeding after returning to work?
- What can I do while on maternity leave to make breastfeeding more successful after I return to work?
- What can I do when I return to work to help ease the transition?
- How often should I pump at work?
- Where should I store my breast milk?
- How much breast milk should I send with my baby during the day?

## Breastmilkcounts.com

### Topics in English and Spanish

- **Before maternity leave**  
The best planning happens *before* maternity leave. Talk to other working moms and make a plan for pumping at work. We've got advice for talking to your boss and getting the most maternity leave.

- **Starting to pump**  
Smart moms start pumping and storing breast milk before they go back to work. This will help you not only get comfortable with pumping but also build your milk supply and allow you to save an emergency backup supply of stored milk.
- **Returning to work**  
Oh, mama, that first day back is always the hardest. We've got tips and tricks for making a smooth transition.
- **Pumping at work**  
Tips and advice for everything from finding a private place to pump to getting more breast milk.
- **Stockpiling your breastmilk**  
Building up a stockpile of milk ensures that you won't run out when baby has a growth spurt or you have a low production day.
- **Storing your breastmilk**  
Can you put it in the fridge? Can you put it in the freezer? And why is it swirly? We answer all your questions here.
- **Introducing the bottle**  
Breast milk from the breast is best, but once your milk supply is well established, bottles can come in handy when you and your baby are apart.
- **What the Law Says**  
Both State and Federal law support a woman's right to breastfeed her child. We'll help you understand the laws that you need to be aware of as a working, breastfeeding mom.

## La Leche League International

Working and Breastfeeding: [www.llli.org/nb/nbworking.html](http://www.llli.org/nb/nbworking.html)