

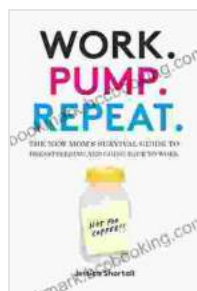
# The New Mom Survival Guide: Breastfeeding and Going Back to Work

Breastfeeding is the natural way to feed your baby and provides numerous benefits for both of you.

## For your baby:

- Breast milk is the perfect food for your baby, providing all the nutrients they need in the first six months of life.
- Breastfeeding helps protect your baby from illness, including diarrhea, ear infections, and respiratory infections.
- Breastfed babies have a lower risk of developing allergies and asthma.
- Breastfeeding helps promote healthy weight gain and development.

## For you:



## Work. Pump. Repeat.: The New Mom's Survival Guide to Breastfeeding and Going Back to Work by Jessica Shortall

★★★★☆ 4.6 out of 5

Language	: English
File size	: 686 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 175 pages
Lending	: Enabled



- Breastfeeding helps you lose weight and get back to your pre-pregnancy weight.
- Breastfeeding reduces your risk of developing breast and ovarian cancer.
- Breastfeeding can help improve your mood and reduce stress.
- Breastfeeding can save you money on formula and other baby supplies.

If you're planning on breastfeeding and going back to work, it's important to find a supportive workplace.

If you're going to be away from your baby for more than a few hours, you'll need to pump and store your breast milk.

There are a variety of breast pumps on the market, so it's important to choose one that's right for you. Consider your budget, your lifestyle, and your pumping needs.

Once you have a breast pump, you'll need to learn how to use it properly. There are many resources available online and in your community that can help you get started.

Once you've pumped your milk, you'll need to store it properly. Breast milk can be stored in the refrigerator for up to 5 days or in the freezer for up to 6 months.

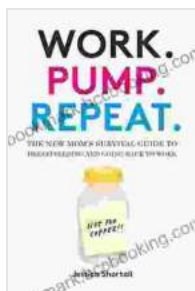
Going back to work and breastfeeding can be a challenging, but it is possible. One of the most important things you can do is to manage your time and energy wisely.

There are a number of common challenges that breastfeeding moms face when they go back to work. Here are a few of the most common challenges and how to overcome them:

- **Leaking milk.** Leaking milk is a common problem, especially in the early days of breastfeeding. To prevent leaks, wear a nursing bra that provides good support and use breast pads.
- **Engorgement.** Engorgement occurs when your breasts become full and hard. To relieve engorgement, pump or hand express your milk until your breasts are soft and comfortable.
- **Mastitis.** Mastitis is an infection of the breast tissue. Symptoms of mastitis include fever, chills, and breast pain. If you think you have mastitis, contact your doctor immediately.
- **Low milk supply.** Low milk supply can be a problem for some breastfeeding moms. To increase your milk supply, pump or hand express your milk more often and make sure you're eating a healthy diet.
- **Pumping at work.** Pumping at work can be a challenge, but it's possible. Here are a few tips:
  - Find a private place to pump.
  - Bring your own breast pump and supplies.
  - If possible, pump on a schedule to help maintain your milk supply.

Breastfeeding and going back to work can be a challenging but rewarding experience. With a little planning and preparation, you can make it work for you and your baby.

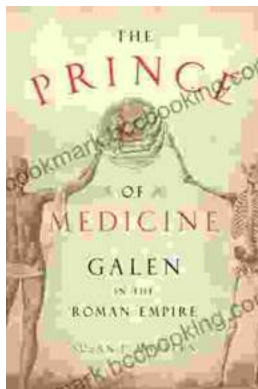
If you have any questions or concerns, talk to your doctor or a lactation consultant. They can provide you with support and guidance as you navigate this new chapter in your life.



## Work. Pump. Repeat.: The New Mom's Survival Guide to Breastfeeding and Going Back to Work by Jessica Shortall

★★★★☆ 4.6 out of 5

Language	: English
File size	: 686 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 175 pages
Lending	: Enabled



## Unveiling "The Prince of Medicine": A Literary Masterpiece That Captivates and Informs

Prepare yourself to be immersed in "The Prince of Medicine," a captivating novel that transports readers into the intricate world of...



## **Guide for Parents: Unlocking Your Child's Problem-Solving Potential**

As a parent, you want to provide your child with the best possible foundation for their future. That means equipping them with the skills they need...