

World Breastfeeding Week

Breastfeeding and going back to work: learn how to prepare

Exclusive breastfeeding for the first six months is one of the best ways to ensure the proper development of your child. That's why, by the end of the maternity leave, you need to get ready to maintain this practice.

DID YOU KNOW?

BRAZILIAN LEGISLATION GIVES WOMEN THE RIGHT TO 2 HALF-HOUR BREAKS IN ORDER TO BREASTFEED THE BABY AT WORK UNTIL HE COMPLETES 6 MONTHS.

Here's how to get organized for this period:

Before returning to work:



- Check the storage options for milk beforehand, as well as the designated areas and times for breastfeeding in your workplace
- 15 days before returning from your maternity leave, start pumping and freezing your milk.

Once you're back to work:

- During breaks, if the baby cannot come to you, pump your milk and store it in glass jars in the fridge
- Raw milk must be given to the child within the next 12 hours or stored in the freezer for up to 15 days
- To defrost it, lower it to the refrigerator the day before and warm it up in bain marie
- When transporting the milk, use coolbags or coolboxes
- Do not use bottles. Offer the milk in cups, little glasses or spoons

Do you have leftover milk? **Donate it!**



Human milk banks in Brazil cannot manage to meet the demand of milk for newborn babies.

If you have leftover milk, donate it to the nearest milk bank! With a single donation you can feed up to 10 children!

It is also worth remembering that you can look for information on milk banks and help the breastfeeding cause.



A step-by-step guide to pumping breastmilk:

- 1 Sanitize hands, forearms and breasts with soap and water
- 2 With your thumb and other fingers, push in the line above the areola
- 3 Then lightly squeeze and let go. Do this several times until the milk comes out
- 4 Discard the first jets
- 5 You can also use a little pump to help in the process

**Breastfeed today is to
think about tomorrow!**