



Kate's Story

Useful websites:

<http://www.hse.gov.uk/mothers/>
<http://www.breastfedbabies.org/section/going-back-work>
<http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH082505>
http://www.healthpromotionagency.org.uk/Resources/workwell/pdfs/Breastfeeding_Workwell.pdf

Kate went back to work after her daughter turned 3 months old. "I have a very supportive manager so I can go off to pump whenever I need to – though in reality I usually only go twice a day. I like taking a good report with me to read for that twenty minutes so I am often still working."

Though she doesn't have a specific room she can use, Kate says it is not hard to find a spare office or quiet filing room to withdraw to. "I pull the blinds down so it felt a bit isolating at first but you soon get used to it."

Kate is keen to encourage mums to persevere as the majority of problems can be easily overcome. "I am lucky enough to have access to a microwave, basin and fridge, but actually breast milk can be kept out of the fridge for 4-6 hours, instead it can be popped into a cool box, and the pump doesn't have to be washed and sterilised every time as there is no bacteria in breast milk so you can just store everything in a sealed bag between sessions if you need to."

For Kate the important thing is not to get disheartened. "Once you get into a routine it is really not a problem and talking to other working and feeding mums is really helpful and encouraging."

Kate's top tips...

1. Use a manual pump (because it's quieter and doesn't need a power socket)
2. Feed before you leave home and as soon as you get back
3. Try to get as much out as you can as regularly as you can to mimic natural supply
4. Keep pumping even after you think you have drained – again this mimics a baby's habit and stimulates supply
5. Try to relax – it can be hard, particularly at first so think about your baby.
6. Keep pumping at weekends – even if you have excess as you can stash it so you don't feel so under pressure
7. If you are not a good pumper at least do enough to keep your supply going so you can feed at home
8. Consider adding some foods that promote milk production to your diet, including oats and flaxseed.
9. Join a website or group to talk to others in the same situation, there is a local support group on Facebook called Breastfeeding Support – Jersey, or try www.kellymom.com, www.analyticalarmadillo.co.uk or www.lilli.org