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How often do I need to express?

As often as baby feeds.

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How much do I need to express each time?

As much as you can.

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How long can breastmilk be stored?

Three to five days in the fridge
or up to 3 months in the freezer

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What information do I give my baby's caregiver about using expressed breastmilk?

Thaw expressed breastmilk slowly in cool
or warm water (do not use a
microwave oven)

Use cup or bottle to give baby breastmilk
Discard breastmilk if not used in 24 hours

If I am not able to express enough breastmilk for my baby, what do I do?

Have your expressing method checked by
a child health nurse or Nursing
Mothers' Association of Australia
breastfeeding counsellor

Express more often

Breastfeed more often at home

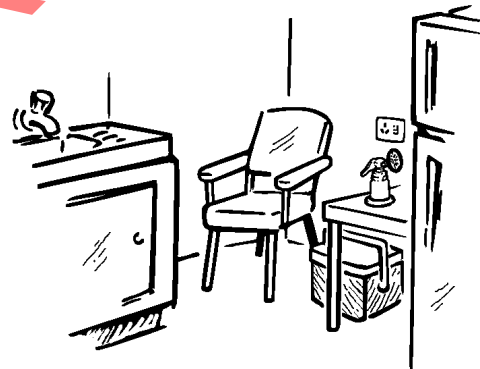
Give baby formula when at work

Try another type of pump

Take it easy

For more information contact the
Nursing Mothers' Association of Australia
(see your local White Pages) or visit
www.health.gov.au/pubhlth/strateg/brfeed/

RECOMMENDED



Balancing breastfeeding and work



Important Information
for women



Balancing breastfeeding and work

Why should I consider balancing breastfeeding and work?

It's free
Perfect food for baby
More easily digested
Healthier baby
Saves time
Close bonding
Healthy mother

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How can I balance breastfeeding and work?

Delay return to work
Work from home
Work flexible hours
Work less hours
Express breastmilk at work
Breastfeed at home, baby has formula when you are at work
Use child care onsite or near work
Bring baby to work



How long will expressing or breastfeeding at work last?

A few weeks or months - as long as you choose.

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What should I do before my baby arrives?

Find support for breastfeeding
Talk to your supervisor or employee representative about your entitlements
Request maternity leave

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What should I do before I return to work?

Talk to other mothers who have combined breastfeeding and work
Talk to your supervisor about how you can keep breastfeeding
Choose child care
Learn to express your breastmilk

How do I express, store and transport my expressed breastmilk?

Decide what to use - hand express, or a breast pump - hand, electric or battery

Find a clean private room to express

Store breastmilk in fridge or freezer

Use plastic or glass containers or milk bags

Transport breastmilk in cold container

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How do I successfully express?

Wash hands before expressing

Clean equipment

Read breastpump instructions carefully

Relax when expressing

Massage breasts before expressing

Store breastmilk safely

Look after yourself

