

BREASTFEEDING SUPPORT

BMC BABY CAFÉ

BMC.org/obgyn/babycafe

As a new mom, breastfeeding can be hard. The Boston Baby Cafés are FREE drop-in sessions offering breastfeeding support and information from International Board Certified Lactation Consultants (IBCLC) and Certified Lactation Counselors (CLC). We welcome pregnant and breastfeeding mothers, partners, and siblings. Moms and their babies meet in a relaxed, informal, and safe group environment.

COMMUNITY AND ONLINE SUPPORT

bostonbreastfeeding.weebly.com

A daily calendar of FREE breastfeeding groups in Boston and surrounding communities

zipmilk.org

Find an IBCLC in your area

CHILDBIRTH EDUCATION CLASSES

BMC.org/obstetrics/childbirth-education

BMC BREASTFEEDING MOMS EMAIL GROUP

Connect with other BMC and BU working, breastfeeding moms and lactation counselors. Ask questions, post stories, or share ideas.

Email babycafe@BMC.org to join

Work. Pump. Repeat.



BOSTON
UNIVERSITY

CONTACT

Baby Café

Babycafe@BMC.org

Boston Medical Center Human Resources

[internal.bmc.org/hr/worklife/
lactationrooms.htm](http://internal.bmc.org/hr/worklife/lactationrooms.htm)

Boston University Family

Resources Office

617.353.5954

lactroom@bu.edu

bu.edu/family

[bu.edu/hr/lifebu/resources-for-you-your-family/
breastfeeding-lactation-support/](http://bu.edu/hr/lifebu/resources-for-you-your-family/breastfeeding-lactation-support/)

BOSTON
MEDICAL
CENTER

BOSTON
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EMPLOYEE LACTATION PROGRAM

*Supporting mothers who
breastfeed after returning
to work or school*



In the U.S., 75% of mothers who work full time and participate in a workplace lactation program continue breastfeeding for at least 6 months, compared to only 10% of working mothers not in a program.

BENEFITS OF BREASTFEEDING

Breastmilk is recommended by the Academy of Pediatrics as the feeding method of choice. Breastmilk is uniquely formulated with protein, fat, minerals, vitamins, and calories. It is easier for babies to digest and is less allergenic than formula. Breastmilk helps protect babies from infections and they experience fewer illnesses during the first year of life. In fact, new research shows that 30% of the beneficial bacteria in a baby's intestinal tract comes directly from the mother's milk and an additional 10% comes from the skin on the mother's breast. Pumping at work prolongs breastfeeding duration and helps moms maintain a special bond with their baby even while apart.

The benefits of breastfeeding extend to the mother, as well. Breastfeeding decreases the risk of breast and ovarian cancer, type 2 diabetes, cardiovascular disease, and postpartum depression. Breastfeeding while working also saves money, helps maintain milk supply, and is good for the environment since there are no formula cans to throw away.

TIPS FOR PUMPING AT WORK

Practice. Before you return to work, try pumping. You will become more efficient and build a small supply at home.

Distract yourself. Do something else besides staring at the pump. You can listen to music or look at pictures.

Massage. Breast massage and compression increases milk flow. Manual or hand expression for a few minutes immediately after pumping is a great way to get more milk out.

Relax and allow plenty of time. If you are stressed, research shows that you will express less milk. Allot more time than you think you will need when you first start pumping.

Bring extra pumping equipment. Leave a set at work so you don't have to worry about forgetting your equipment at home.

Sterilize with microwave steam bags. This is a big time saver!

Find a perfect pumping bra that works for you. It makes pumping and working a lot more comfortable.

Prep the night before. Getting yourself and other things ready the night before helps you get out of the house in the morning.

Consider pumping in the morning before or after your baby breastfeeds. It may help you wait longer before you have to pump at work.

Schedule your pumping sessions into your calendar. Easier said than done, but this can help make pumping a priority. Setting reminders helps too.

PACK YOUR BAG WITH:

1. Pump tubing and pump accessories in a plastic zipper bag
2. Small cooler and ice pack
3. Paper towels
4. Hand sanitizer
5. Favorite book/magazine
6. Breast pads
7. Non-perishable food
8. A picture of your baby

WHERE TO PUMP

There are several lactation rooms for nursing mothers located throughout the BMC and BUSM campuses. Pumps and pump kits are not provided, however, so please bring your own from home.

Please visit the URLs below for specific information about each location:

At BMC:

internal.bmc.org/hr/WorkLife/LactationRooms.htm

At BUSM:

bumc.bu.edu/fpf/lactation-rooms-on-campus/

HELPFUL RESOURCES

WEBSITES

- breastfeedingmadesimple.com
- massbreastfeeding.org
- kellymom.com
- workandpump.com
- askdrsears.com

MOBILE APPS

- Breastfeeding Solutions
- Coeffective
- Text4Baby

MESSAGES

- Text KIDS to **88588** for Boston area community resources and fun
- Text BABYCAFE to **88588** for breastfeeding support group reminders

PARENTING HELP

- Parental Stress Line **800.632.8188**
- Family Nurturing Center **617.474.1143**
- Healthy Baby/Healthy Child **800.711.1180**
- Child at Risk **617.232.8390**
- Father Friendly Program **617.534.9525**
- parentshelpingparents.org