Expressions Pumping Class

When you start to think about returning to work or school you may have some questions about how to get started. Returning to work or school can feel overwhelming with a baby, but we can help you make a plan to continue breastfeeding even though you’re away.

*Please join us for this free class to learn more about the basics of expressing breast milk. Class meeting on Wednesday’s at 11:30. No registration required. Babies welcome.*

**Choosing and Buying a Pump**
We will discuss the varieties of breast pump available today, with recommendations for which ones are best suited for mothers that need to be away from their babies. We can help you get a pump if your insurance covers it, so be sure to bring your insurance card (if you do not have coverage, a pump can be rented with a major credit card). If you already have a pump – bring it.

**Hand Expression**
Every mother needs to know the fine art of hand expression. It’s a skill that comes in handy whether you’ll be using an electric pump or not.

**Making Plans with your Employer or Instructors**
Talking to your employer about breastfeeding can be awkward. We can give you some information to share with your employer, such as having a place to pump (that is not the bathroom).

**Pumping Basics**
Tips for starting to pump, building up a supply of milk, and relaxation techniques for pumping.

**Milk Storage**
We will review safe milk handling, storage and heating guidelines. This information will be important to share with childcare providers.

**Starting Bottles**
Tips for choosing the best bottle for your breastfed baby, when and how to introduce bottles, and tips for the baby who won't take a bottle, and ways to minimize milk waste.

**How much milk does my baby need?**
Find out how much milk to leave in bottles, and how this changes as your baby grows. We will discuss feeding cues and timing of bottle feeds.