

## **Back to work**

*New mothers need to know how to successfully pump breast milk on the job*

**\*\*\*SOT\*\*\***

**Heather Ludwig, an international board certified lactation consultant at OSF HealthCare**

"If you feel like your employer is going to support you with pumping, you're going to be extremely loyal to that job." (:09)

**\*\*\*SOT\*\*\***

**Heather Ludwig, an international board certified lactation consultant at OSF HealthCare**

"Think about where you're going to pump and what supplies you need to bring." (:04)

**\*\*\*SOT\*\*\***

**Heather Ludwig, an international board certified lactation consultant at OSF HealthCare**

"Full and uncomfortable is one thing. But if you wait too long, you can end up with clogged ducts, mastitis and other nasty things. An emptied breast is a breast that's going to continue to make milk and a mom that's going to stay comfortable." (:14)

**\*\*\*SOT\*\*\***

**Stephanie Kitchens, registered nurse at OSF HealthCare**

"I was a little unsure about how pumping would work. I was more into trying to please everybody and be the better nurse." (:11)

**\*\*\*SOT\*\*\***

**Stephanie Kitchens, registered nurse at OSF HealthCare**

"I'm very open with my patients now. I say 'listen I'm a breastfeeding mother. I have to go relieve myself. When I'm done with that, I'll come back and meet your needs.' And they are totally fine with that." (:11)

**\*\*\*SOT\*\*\***

**Heather Ludwig, an international board certified lactation consultant at OSF HealthCare**

"If you're stressed out and your cortisol levels are high, it's hard for your body to let your milk come out. So having a good location is going to help mom feel supported. She can take care of business quicker so she can get back to work." (:20)

**\*\*\*SOT\*\*\***

**Heather Ludwig, an international board certified lactation consultant at OSF HealthCare**

"A lot of moms will just have a little lunch bag cooler with some freezer packs." (:06)