

Back to work

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

Run time - :35

ANCHOR LEDE: A new federal law takes effect this month giving more protection to moms who pump breastmilk at work. Experts say it serves as a reminder to moms to have a plan to pump on the job. Tim Ditman of OSF HealthCare has more.

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OSF lactation consultant Heather Ludwig says build up a supply of breastmilk before you return to work. Once there, communicate your expectations to your boss, coworkers and HR. Find a place where you can always go to pump. And stay on a schedule – even if that means just a few minutes each time.

*SOUNDBITE: “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)*

I’m Tim Ditman.

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ANCHOR TAG: Milk can be stored in any cold, sanitary place, like the break room refrigerator or a cooler.