

## **Back to work**

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

### **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.

### **TAKE VO**

OSF HealthCare lactation consultant Heather Ludwig says to 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 pumping schedule – even if that means just a few minutes each time.

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

**Heather Ludwig, OSF HealthCare lactation consultant**

“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)

### **VO TAG**

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