



RETURNING TO WORK

Do you know all of the breastfeeding benefits available to you at FNBO? Nurture Omaha provides the best care to get your baby breastmilk as long as possible.

Use this handy guide to make sure that you are ready to return to work! Keep your supply healthy, keep baby happy, and utilize your resources to have an easy transition back to work!

By Nurture Omaha

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START DURING PREGNANCY

Start preparing for your return to work during pregnancy so that once baby is here you can focus on breastfeeding. Having things prepared ahead of time will ease your stress and ensure you didn't forget anything important!

2

GET A BREAST PUMP

Request your insurance-provided pump and all the pieces necessary to make pumping at work a breeze. Contact Nurture Omaha, everything you need is covered through your health insurance plan and your pump will be delivered to you after 35 weeks pregnant!

3

CALL AN IBCLC

Right after baby is born, contact Nurture Omaha for an in-home visit (telehealth also available) or phone call to ensure that breastfeeding is going well. An IBCLC can help with many things from pain, slow weight gain, nipple damage, and even just to make sure everything is going right!

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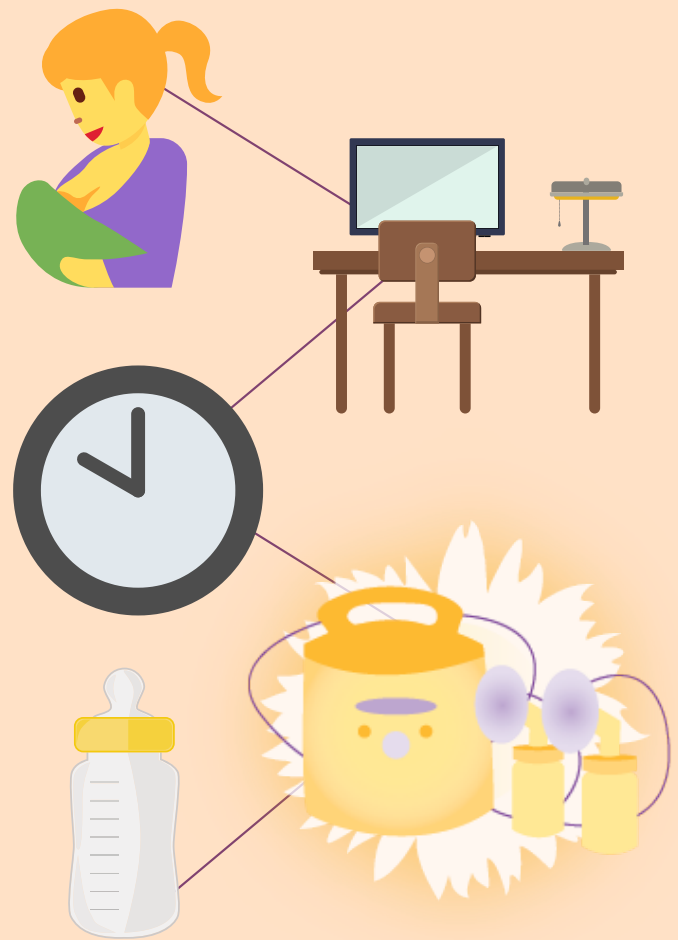
INFORM HR OF RETURN

Once you start your FMLA, inform HR on your approximate return date and to get access to the pumping suites. Email Nurture Omaha to get a card for your storage space in the suites for your pump parts. Contact us to learn how to reserve a spot on the calendar for the times you'll be pumping during the workday.

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PREPARE CHILDCARE

Tell your childcare provider that your baby will be fed breastmilk, and give them information on how to pace bottle feed so that your baby doesn't drink more milk than you can produce. Contact us for these handouts and more!



Nurture Omaha's IBCLCs are available to all FNBO employees 24/7 by phone, text, or email. Please allow up to 24 hours for a response. If you do not get a response then please text or call again. Texting is generally quicker for responses.

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BUILD A SMALL STASH

Around 3-4 weeks after baby is born (and breastfeeding is going well) you can start pumping 1-7x/week to build up a small stash of milk in the freezer. You only need enough milk for the first day back to work, and maybe a bit extra. 15-30 ounces is plenty!

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INTRODUCE BOTTLES

Around the 3-4 week mark (when breastfeeding is going well) is also a great time to start introducing bottles to your baby. A few bottles each week allows you to get used to pumping and baby gets practice being fed by a bottle from others. Always pump if your baby is being fed from a bottle.

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GET SUPPORT

Join us (in person or via teleconference) for our Mom's Connection group! Get support and advice on a wide range of topics from an IBCLC and other parents! Start attending when pregnant! Email Nurture Omaha for the link to sign up!