

## Government and Other Resources:

- Breastfeeding - Educational Guide from Womenshealth.gov
- Breastfeeding and Working Guide - womenshealth.gov
- La Leche League - www.llli.org
- U.S. Department of Health and Human Services hotline for breastfeeding questions - 1-800-994-9662
- Parenting and Breastfeeding Support Webpage - kellymom.com
- Guide for nursing moms with sample schedules - thepumpingmommy.com
- Talking to your Boss - abetterbalance.org/resources/talking-to-your-boss-about-your-pump-new-hampshire/

## State Resources:

- www.nhbreastfeedingtaskforce.org
- NH Department of Health and Human Services - www.dhhs.nh.gov/dphs/nhp/wic/breastfeeding.htm
- State of VT Breast Feeding Resources - www.healthvermont.gov/breastfeeding

## D-H Resources:

- The Women's Health Resource Center Parenting and baby support groups and classes, pumps and supplies, and boutique. whrc@hitchcock.org or (603) 650-2600.
- DHMC Lactation Services and Lactation Clinic - 603-650-6159
- Lactation Rooms - Room Locations can be found on D-H intranet, word search "lactation rooms"
- Nursing Mothers Policy - policy can be found on D-H intranet, word search "nursing mothers policy"
- Mamava Pods - These are private and secure with roomy benches, space for a stroller and a place to plug in your pump. There are several pods available across DHMC. Download Mamava app for ease of use.



# Employee Lactation Support at Dartmouth-Hitchcock

Dartmouth-Hitchcock seeks to provide an accommodating and supportive environment for employees who are breastfeeding and offers resources to support lactation at work.

## Here are a few tips to help plan and support your lactation at work.

### When to talk to your boss

Have a conversation with your boss about your intentions to pump before you go on maternity leave and again a few weeks before you return to work. This should include your anticipated schedule and a request to access appropriate space.

**D-H Lactation Consultants are available and happy to assist with these conversations.**

### Plan your return day

Consider returning to work toward the end of the week. This will allow for fewer days away from your baby during your first week back and a more gradual transition.

### Medical Residents

Please make sure to communicate with your program director to meet all of your lactation needs upon your return to work.

Having a plan prior to your return to work will help ease the transition.

### Questions to ask yourself:

- What will my breastfeeding-related needs be?
- What will my pumping schedule be while at work?  
Example pumping schedules can be found on websites such as [thepumpingmommy.com](http://thepumpingmommy.com), which offers sample schedules for 8 hour and 12 hour shifts..
- What supplies will I need while pumping at work?

### Remember to ask questions of your manager such as:

- How will the workflow go when I come back?
- Is there a designated nursing space in my current department?
- Most mothers express for 20 - 30 minutes, 2 - 3 times during an 8 hour shift and 3 - 4 times during a 12 hour shift. How will we accommodate that?
- Do I mark my outlook calendar as busy or is there another place to annotate my time?
- Who do I report to and advise that I am going to pump?

### Lactation Spaces:

- You and your manager may identify an appropriate space prior to your return to work. For additional lactation locations throughout D-H please visit Resources for Nursing Mothers on the intranet or if space is not available in your building contact LWWW at (603) 650-5950.
- Once you've identified a comfortable space, schedule your pumping sessions in your calendar. Remember that a short pumping or breastfeeding session is better than no session at all. Your milk supply will decrease if you skip too many sessions.

### Build a back-up breastmilk supply

While you're on leave, freeze and store the breastmilk you pump to use once you return to work. Consider storing breastmilk in small amounts (2-3 ounces) for unexpected situations or delays in regular feedings.

Talk with your D-H Lactation Consultant about pumping options to build an ample supply before returning to work. Working with a lactation expert is important for success and here at D-H we are fortunate to have a whole Lactation Dept/Team.

### Take care of yourself

No matter how you choose to feed your child, being a working parent can be tiring. Get as much rest as you can, eat nutritious foods throughout the day and drink plenty of water.

