



# Breastfeeding/Lactation Support and Policy

## Tips for Teachers Who Pump at Work



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## 1. Making the most of your break times

- Get kids ready and lined up so they can go out as soon as recess starts.
- See if other staff will be willing to walk students to lunch/recess.

## 2. Asking others to help you

- Choose people who you think will be supportive.
- Another teacher could pick up your mail for you.
- Try to get duty shifts covered and offer to do the same in the future (especially to an expecting mom).

## 3. Finding a private place to pump

- Request a window/door covering for greater privacy if pumping in your classroom.
- Put a Do Not Disturb sign on the door.
- Sit against the door so people can't walk in on you.
- If pumping in your classroom is not an option, ask administrators to identify another appropriate location such as a nurse's office or empty supply closet

## 4. Explaining what you are doing to your students

- Use a science unit on animals to explain how mammals feed their babies.

## 5. Staying connected with coworkers

- Ask a friend/coworker to explain to others why you weren't in the break room.
- If you feel comfortable have a friend/coworker sit with you during pumping breaks.

## 6. Storing your milk

- Invest in a mini-fridge or small cooler.
- Keep a lunch bag in the staff refrigerator.

## 7. Relaxing so milk will flow

- Have your computer set up with a favorite show or slideshow of your baby.
- Keep a small radio with relaxing music playing.

## 8. Time management/Staying productive

- Eat lunch while pumping.
- Grade papers/write lesson plans (this will all be easier once you get the hang of pumping).
- Pump while students are in the library or during PE if possible.

## 9. Staying positive

- It will get easier once you have a routine.
- Nursing will only last a relatively short time.
- Remember you are doing this for your baby!
- Be prepared if things don't go according to plan (welcome to motherhood).

## 10. Keeping your administration informed

- Ask for information about your school's lactation accommodation policies before you go on FMLA
- Before returning from maternity leave talk with your principal let them know your intentions.
- Make sure they know pumping is a priority.

## 11. Pumping tips

- Stock your freezer before returning to work (even if you only pump once a day, it will be helpful).
- Keep spare pump parts and bottles at work.
- Keep a soothing gel or cream at your desk in case you have any pain after pumping.
- Drink plenty of water.