

Government and Other Resources

Breastfeeding Educational and Working Guides

womenshealth.gov*

Parenting and Breastfeeding Support Webpage

kellymom.com

Guide for nursing moms with sample schedule templates

thepumpingmommy.com

Talking to Your Boss

abetterbalance.org/resources/talking-to-your-boss-about-your-pump-new-hampshire

State Resources

NH Breastfeeding Task Force

nhbreastfeedingtaskforce.org

NH Department of Health and Human Services

dhhs.nh.gov/programs-services/childcare-parenting-childbirth/breastfeeding-promotion-support

State of VT Breast Feeding Resources

healthvermont.gov/breastfeeding

Dartmouth Hitchcock Medical Center Resources

Women's Health Resource Center

(603) 650-2600

Lactation Services and Lactation Clinic

(603) 650-6159

Nursing Mother Resources

careers.dartmouth-hitchcock.org/benefits/nursing-mother-resources

Break Time for Nursing Mothers Policy

one.hitchcock.org/intranet/departments/employee-relations/d-h-employment-policy-handbook/benefits-policies

*Has a hotline for basic breastfeeding questions:

1-800-994-9662



Office of Employee Wellbeing

Employee Lactation Support

at Dartmouth Hitchcock Medical Center

If you wish to continue breastfeeding/chestfeeding, Dartmouth Hitchcock Medical Center provides an accommodating environment through lactation resources and support to make your transition back to work easier.



Here are a few tips to help support your lactation journey upon your return to work.

Plan your return day.

Have a conversation with your manager about your intentions to pump a few weeks before you return to work. This conversation should include your anticipated schedule and a request to access appropriate space. We have lactation consultants on staff who are happy to provide support with this conversation.

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.

Think about your lactation needs and make arrangements.

We provide nursing mothers with break time to express breast milk for her baby as frequently as needed for up to one year after the child's birth. To prepare for your return, together with your manager, identify a space that may be used to express breastmilk.

Planning for your lactation at work.

Having a plan prior to your return to work will help ease the transition. Remember to ask questions of your manager such as:

- How the workflow will go when I come back?
- Is there a designated nursing space in my current department?
- Most mothers express for 20 to 30 minutes, 2 to 3 times during an 8-hour shift and 3 to 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 should I report to and advise that I am going to pump?

Our Lactation Consultants are available and happy to assist with these conversations.

Questions to ask yourself:

- What will my breastfeeding/chestfeeding needs be?
- What will my pumping schedule be while at work? Example pumping schedules can be found on websites such as thepumpingmommy.com, which offers sample schedules for 8-hour and 12-hour shifts.
- What supplies will I need while pumping at work?
- Talk with your Lactation Consultant for advice

Find lactation spaces you can use.

Before returning to work, find out which pumping spaces are closest to your work area. This will greatly reduce stress. Know what is available in that space so you know what to bring with you. It is good to identify a back-up pumping space as well.

- **Lactation Spaces:** For additional lactation locations please visit the Nursing Mother Resources page on the Dartmouth Health internet (careers.dartmouth-hitchcock.org/benefits/nursing-mother-resources). If space is not available in your building, contact Employee Wellness at (603) 650-5950.
- Once you've identified a comfortable space, schedule your pumping sessions in your calendar as part of your daily activities. 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.

Talk with your Lactation Consultant about pumping options to build an ample supply before returning to work.

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.