



"I'm interested in breast feeding, but I'm worried about how I'll continue once I'm back to work three months after my daughter is born. Is even a little breast feeding valuable, and do women really have success with pumping?"

Congratulations on your new baby and on your plans to nurse her!

You must know that breast milk is the perfect blend of nutrients and nature's beautiful way to enhance your bonding together. It truly is magical to watch a baby grow and develop and know that you're giving her all the nutritional and emotional support without the use of other products. You can certainly go back to work while nursing your baby and your pediatrician can and should be supportive of that choice. Now more than ever, being part of the workforce is compatible with nursing. There's even state-wide legislation that protects your right to pump breast milk at work, and employers must provide some accommodation to reduce the chance that you'll get stuck pumping your breasts in a dirty bathroom, for example.

We like to remind families that you only need to stock enough milk for one day as long as you replenish each day (so many mothers feel like they need a freezer full of the stuff or they don't have enough). We also like to remind you that giving breast milk even only once per day is better than not at all. For some mothers, it makes their limited amount of time with baby that much more special and meaningful.

Many mothers struggle to get their baby to latch-on to the breast directly, but they still want baby to receive breast milk. If the pediatrician's office, or lactation expert can't help you succeed, you might try pumping your breasts either to help supplement what baby gets, or so you can store her milk for a later time. In some situations, this can enable mothers to get back to work or allows father to be more involved. As long as it's stored and prepared correctly, pumping certainly allows baby to receive nature's incomparable and perfect nutritional blend.

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