



# RETURNING TO WORK PUMPING WORKSHEET

This worksheet has been created to help you visualize how pumping and feedings may be scheduled when away from your baby. Remember that each dyad is unique, so this exercise may need to be tweaked to meet your specific needs. It is best to fill it out and discuss with your IBCLC. Karissa can be reached at +31 6 17287187

Step One: Calculate how many many hours you will be separated from your baby.

To do this, write down the time of your last nursing session before going to work, and when you will return and nurse your baby. (Example: I nurse at 6am, then pick up from daycare and nurse again when I get home at 5pm. Total 11 hours)

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Step Two: Create a pumping schedule based on the hours above.

Try to shoot for about every 3 hours. (Using the example above, I would pump at 9, 12, 3)

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Step Three: Calculate how much milk your baby needs while you are away.

Your baby will eat roughly around the same time as your pumping schedule. The average intake from 1-6 months is between 1-1.5 ounces (30-45ml) per hour. Your baby may need more if they are sleeping longer stretches at night. Using the example above, they would need 3 bottles at 9, 12 and 3pm, of 4.5 oz (135ml each, or a total of 13.5 (405ml) ounces per day

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Step Four: Calculate when it is time to start saving for your stash

It is recommended to have three days worth of milk if your stash. Multiply step three by 3. This will give you a goal amount to save before returning to work. Next, divide this goal number by your typical pumping yield and that is approximately how many times you will need to pump to build your stash. (Using the example above, my need of 13.5 ounces (405 ml) per day x 3 days is 40.5. (1215 ml) When I pump, I typically get 2 ounces (60ml) total from my breasts. Dividing 40.5 (1215ml) by 2 (60ml) is about 20 . If I pump one time per day, it will take me about 20 days or three weeks to fill my stash.

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**Summary:**

I return to work on: \_\_\_\_\_

I will pump at this time at work \_\_\_\_\_

My baby will eat at approximately this time and this amount \_\_\_\_\_

My goal is to create a stash of this amount \_\_\_\_\_

I need this many days to create my stash \_\_\_\_\_

I need to start pumping one time per day, usually after first morning feed on this date: \_\_\_\_\_