



One Month Edition

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(Spanish speaking)

WIC is an equal opportunity provider

During the next month, you may need to be separated from your baby. Many women are planning on returning to work or school. It is best for you and your baby to continue breastfeeding by using a breast pump and supplementing your baby with breastmilk in a bottle. Pumping after you return to work or school can be challenging, but it is great gift for your child and something you can be proud of.



How do I know how much milk to leave for my baby?

- From 1-6 months, your baby drinks about the same amount of milk each day.
- Breastfed babies drink about 25-30 oz. (750-900mL) of milk per day. The average feeding is 3-4 oz. (90-120mL). Breastfed babies don't need more milk as they grow because their rate of growth slows down and the composition of breastmilk changes to meet their needs.
- To determine how much milk to leave for your baby, estimate the number of times that your baby normally nurses while you would be away (work, school, etc.). That is the amount of times you will need to pump to have adequate milk supply for your baby.

Example: If your baby normally nurses every 2 hours and you will now be away from your baby for 8 hours, you will need to pump 4 times.

Remember, you may be eligible for a breast pump from BadgerCare or WIC. Call or text for more information. Also check out: kellymom.com and womenshealth.gov for additional education.
