



# NUTRITION TIPS

## - Breastfeeding While Working.

Women have always worked and breastfed. In the olden days, mothers had lots to do including going to the farm besides nursing their babies.

There are good reasons to continue to breastfeed even while working. First, your baby gets better nutrition and the two of you continue to enjoy a special closeness. Breastfed babies are healthier. Breast feeding saves money because it is cheaper than buying of



formular. Breastfed babies have fewer serious illnesses and require fewer visits to the doctor, thereby reducing spending on medical bills. Breastfeeding protects baby against allergies. Mothers can look forward to a warm and cuddly reunion at the breast after hours of separation.



### Keeping Up Your Milk Supply.

If you are away from your baby from early morning till late afternoon or early evening, the missed feedings can be made up with bottles of expressed breast milk given by the caregiver. If you work in a work - based daycare, you can breastfeed during breaks, eliminating the need to

express milk into bottles. In order to maintain your milk supply, you need to breast feed frequently to make up for the times when you and your baby are separated. Once you are back from work and your baby is in your care, exclusively breast feed your baby to boned up a good milk supply and keep both of you connected better.

### Making Your Working Life Easier

There is no doubt that a baby adds a new wrinkle to the getting - ready - for - work routine every morning . So, getting things ready the night before is a good idea. Pack baby's bag, have bottles of milk ready in the refrigerator, make your lunch, pick your clothes and you are ready to go. Set your alarm early so that you can nurse the baby before you get out of bed. Then, you can shower and dress with fewer interruptions. Ask your caregiver to give your baby a bottle within an hour of your anticipated arrival. When you get home, settle down to

breastfeed and reconnect with your baby.

### : Breast feeding While Working Nursing Tips.

If the bottle is introduced too soon, your baby may develop nipple confusion. So, delay the introduction of bottle feeding for as long as you can. That way, your baby has enough time to



Learn to breast feed effectively before the bottle is introduced. To speed up the delivery of your milk to your baby when she is hungry, freeze your expressed milk in small amounts, that thaw more quickly. Discard any milk left after 24 hours.

► *For more information on child nutrition*

Visit the Olu Akinkugbe  
Child Nutrition Centre

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#### Visiting Hours:

10:00 am - 12noon and 2:00pm - 3:30pm  
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