

Philips AVENT proudly supports the Parents Centre Return to Work Program

Returning to work after maternity leave can seem both physically and emotionally daunting. We have put together some handy tips and hints for those of you that are currently breastfeeding and would like to continue after you return to work.

Even when you return to work, you can continue to breastfeed your baby in the morning, in the evening and at weekends and in between baby can have bottles of your expressed milk. The Philips AVENT Breast Pump has full detailed instructions on how to express and store your breast milk and is very easy and comfortable to use.

We hope you find our Top Tips list a quick and useful reference point.

Philips AVENT Top Tips

Workplace

- Know your rights – discuss your return to work with your employer early.
- “Discuss your expressing needs with your boss or the office manager at work to ensure there is somewhere quiet and private for you to express in peace when needed preferably with a sink to wash your hands (I often pumped 3 times a day, for up to one hour a day) and also a fridge for you to store your milk until you go home. I recommend you purchase a discreet cooler bag or similar that will comfortably fit your ‘kit’ and expressed milk and place it towards the back of the fridge at work to discourage any interest, whilst keeping it as cool as possible.”

- Tip contributed by Melanie Fisher

- You are entitled to a private, quiet and clean space in which to express or feed your baby – clarify where that will be with your employer?
 - Is there a fridge available to store your expressed milk?
 - Is there a microwave available for sterilising your breast pump in between expressions?
 - Let your work colleagues know that you are continuing to breastfeed your baby, so they are aware that you will need to go at certain times of the day to express/feed – and in the case of expressing - so they know what that bottle of milk is at the back of the fridge!
- Put your car keys or bus pass in the fridge with your expressed milk so you don't forget and leave it at work.

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Workplace Cont'd

- Some helpful websites are:
 - *Flexible Work:* www.dol.govt.nz/worklife/flexible/act.asp
 - *Breastfeeding and Breaks:* <http://ers.govt.nz/publications/pdfs/cep-infant-feeding.pdf>

Before you start work:

- Start expressing a few weeks before you return to work to build up your supply, you may get hardly anything for a few days, and it will take a few weeks to build up so you can express enough for a feed. Build up your supply in the freezer in the meantime. Make time for nutritious breaks while you're working, and express at the same time every day in a quiet room with no disruptions (or added stress). A glass of water and a magazine can do wonders so you can relax and the milk flows freely.
 - *Tip contributed by Liz Sawyers*
- Start expressing at least 4 weeks before returning to work – this will allow you to get used to it and baby can adjust to a different feeding method.
- It is important that you are able to relax when you are expressing as stress will likely cause your milk to not come down.
- This also will allow you time to build up at least one additional container of Breast Milk for storing in the freezer.
- Discuss your intention to use breast milk with your child carer.
- Keep at least 1 full milk feed in the freezer (if possible) with your child carer in case you get delayed in traffic or a meeting when a feed is due.

When planning to express at work you should consider the following:

- How will I express my breast milk?
- How will I store my breast milk at work?
- How will I transport my breast milk home?
- If using a Breast Pump to express – how will I sterilise this at work in between each expression?
- To maintain your supply, keep you fluids up, breastfeed lots on your days off, and try to keep your expressing time similar to the time you normally feed your little one. If your milk supply still drops try Blessed Thistle or Naturoparm's Milk Flow to up your supply. And most of all - stay positive and well done for sticking it out.

- *Tip contributed by Barbara Roberts*

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Philips AVENT products are designed to help you breastfeed longer

The Philips AVENT range of products help to support the choices you make, whether breastfeeding, bottle feeding or combining the two. Philips AVENT products are flexible to adapt to the changing needs of you and your baby throughout development with interchangeable design features making it easy to go from bottle or breast to cup.

Electronic Breast Pump Out and About Set

The Single Electronic Breast Pump is a portable handheld electronic pump. In addition to mains power, this single electronic pump can also operate using battery power and as a manual pump, for total flexibility.

Includes all you need to express, store and feed your breast milk.

Contains:

- Electronic Breast Pump with bottle stand/funnel cover
- 1 x insulated travel bag
- 1 x 125ml Feeding Bottle with newborn teat
- 1 x 260ml Feeding Bottle
- 2 x cool packs
- 2 x sealing discs.
- 1 x Battery pack
- 1 x Manual pump parts for when power is not available



Single Electronic Breast Pump The Single

Electronic Breast Pump is a portable handheld electronic pump. Battery or mains powered. Includes all you need to express, store and feed your breast milk.

Contains:

- Single Electronic Breast Pump
- 1 x 125ml breast milk container
- 1 x teat travel pack (with newborn flow teat)
- 2 x sealing discs
- 1 x Battery pack
- 1 x Manual pump parts for when power is not available



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Philips AVENT products to support you in breastfeeding

Manual Breast Pump with VIA Storage System

A manual breast pump offers you total control of the suction level and pumping rhythm. The unique Philips AVENT Manual Breast Pump assures you enhanced efficiency, being clinically proven to express more milk than a hospital electric pump.

VIA is a versatile, BPA-Free, space saving storage system designed to grow with your baby. It allows you to use the same cup to express, store and feed breast milk to your baby. No need to transfer your breast milk.

Contains:

- Manual Breast Pump with bottle stand/funnel cover
- 5 x pre-sterilised VIA Cups (180ml/6oz)
- 5 x VIA Lids
- 2 x teat travel packs (with newborn flow teat)
- 2 x VIA Adaptors.



Manual Breast Pump

The unique Philips AVENT BPA-Free Manual Breast Pump assures you enhanced efficiency, being clinically proven to express more milk than a hospital grade double electric pump*. Patented massage cushions flex in and out, replicating baby's suckling action and is intended to help stimulate a fast natural let down. The gentle-draw vacuum mimics baby's suckling to create a steady milk flow that requires less pumping.

Contains:

- Manual Breast Pump with bottle stand/funnel cover
- 1 x teat travel pack (with newborn flow teat)
- 1 x sealing disc.



** Clinically proven to be faster to express milk volume in a 20 minute period than a hospital grade double breast pump when used for sequential pumping in mothers who delivered preterm infants.*

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Philips AVENT products to support you in breastfeeding



VIA Breast Milk Storage

VIA is a versatile, BPA-Free, space saving storage system designed to grow with your baby. Easy to label cups help you track dates and contents

The leak-proof twist on lids make them perfect for storing and transporting. Cups can be stored in the fridge or freezer and are dishwasher safe. These are great for storing baby's first foods in too.

Use the adapter to express and feed with the same cup. They fit onto any Philips AVENT Breast Pump with the adapter.

Contains:

- 10 x pre-sterilised VIA Cups (180ml/6oz)
- 10 x VIA Lids
- 2 x VIA Adaptors.

IMPORTANT! Use pre-sterilised refill cups several times and discard if showing signs of wear and tear. Sterilise all cups, lids and adaptors before each subsequent use.

Breast Shell Set

These ultra soft breast shells are worn inside your bra to protect your nipples from chafing and to collect leaking breast milk.

Ventilated shells – protect sore or cracked nipples to help them heal more quickly. Their gentle pressure helps relieve engorgement. The holes allow air to circulate.

Breast milk collection shells (no holes) – collect excess breast milk when feeding or using a breast pump.

Contains:

- 2 x ventilated shells
- 2 x breast milk collection shells
- 2 x ultra soft silicone backing cushions.



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Microwave Steam Steriliser

Sterilises 6 bottles in 2 minutes*. Holds up to six 260ml AVENT Feeding Bottles or two Philips AVENT Breast Pumps and two AVENT Bottles. Its lightweight, compact design makes it ideal for use out of the home. Contents remain sterile for up to 24 hours if lid is unopened.

This is a great solution for sterilising your breast pump at work between expressing times.

- Sterilisation times:*2 mins for 1100-1850W microwaves, 4 mins for 850-1000W microwaves, 6 mins for 500-800W microwaves



ThermaBag

The AVENT ThermaBag holds 2 AVENT Bottles, 2 Toddler Cups or 4 VIA Cups. Its double insulation layer incorporating 3M Thinsulate™ keeps milk cold or water hot for up to four hours.

Lightweight, compact and convenient for travel with an adjustable shoulder strap.

Available in Black



Bottle and Teat Brush

Specially curved brush head and moulded handle-tip reach the corners of all types of bottles, teats and feeding equipment for thorough cleaning.



Sealing Discs

Convert all AVENT Feeding Bottles to milk storage containers.

Contains: 6 discs

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Philips AVENT products to support you in breastfeeding

Washable Breast Pads

AVENT Washable Breast Pads have a brushed cotton lining which is soft and gentle and features an absorbent layer which draws moisture away from the skin behind a leakproof liner.

Machine washable and dryable.

Contains

- 6 x Washable Breast Pads
- 1 x Laundry Bag



Disposable Breast Pads

These breast pads have a unique four layered construction for maximum dryness

1. Ultra soft top layer with nipple indent- keeps breast dry at all times.
2. Ultra absorbent layer, cushioned for extra comfort.
3. Ultra absorbent core- draws in moisture to guard against embarrassment.
4. Ultra breathable outer layer- helps avoid sore nipples. Anti-slip with adhesive tapes- keeps pad in place.

Contains

- 50 x Disposable Breast Pads



For more helpful tips and advice, visit our website:

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