

Pumping and Returning to Work



Learn to transition to the world of work and continue to breastfeed your baby. You'll gain practical tips for pumping. Your support person is encouraged to attend. Attend 4-6 weeks before returning to work.

- ▶ Preserve a breastfeeding relationship
- ▶ Pumping schedules, maintain your milk supply
- ▶ Collecting/storing/transporting breastmilk
- ▶ Bottle feeding, problem solving, and more

Fee: \$45, One session postpartum class, 6:30-8:30 pm

**Class participants receive a \$25 discount on breastpump purchases at the UCSF Women's Health Resource Center. Please mention discount at the time of purchase.*

UCSF Medical Center Mount Zion | UCSF Medical Center Mission Bay

For information or to sign up, contact us: (415) 353-2667, (415) 514-2670 or visit whrc.ucsf.edu