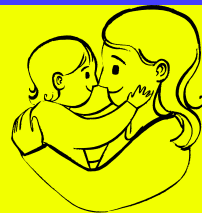


BREASTFEEDING JOURNEY OF A WORKING MOM



Women are often expected to be amazing mothers, hold careers and run the home sometimes with minimal to no support. Juggling working, motherhood as well as taking care of the household, women can do it all. Many working women experience stress and panic when their maternity leave is ending and they have to resume work whilst still having a small breastfeeding baby at home with a care giver. Is it necessary for a woman to have superhuman powers to fulfill the basic necessities?



Being a Supermom or a superwoman has become so highly glamorized. Women don't have to be superhero's to juggle work and breastfeeding. Motherhood comes to most women then why is support so scarcely provided? Can working life for a new mom be made easier?



On the occasion of World breastfeeding Week 2023, themed as "Enabling breastfeeding, making a difference for working parents".

With all the buzz on how to make the workplace conducive for breastfeeding women, here's a breastfeeding mom's journey with her unique set of difficulties and how she overcame them with some help, support and plenty of determination.



"The day my maternity leave would end was arriving swiftly and in my case my workplace was in a different geographical location from where I resided. I delivered my baby boy in Mumbai and now after 5 months of exclusive breastfeeding I had to go back to work at Delhi . I had my support system in Mumbai for the baby but I would have to leave them and travel for work to Delhi. Mind boggled with so many questions rolling in my mind, what my baby will eat, how is he going to stay without me, travelling, making this transition work smoothly for everyone left me feeling troubled .

I knew for sure that I never wanted to give formula milk to my baby as I was aware about the benefits of breast milk. But I thought I had no options available which I knew of so I contacted Dr. Deanne (Lactation consultant) and shared my concerns.

She guided me on how I can express and store the breast milk for 3-6 months at a particular temperature so it can be given to my baby in a safe and hygienic manner.

I learnt how to plan and prepare for this to ease the process.

I started practicing it and started storing the milk bags for my baby.

Later even in my absence while I was away to Delhi for work, my mother in law used to thaw my stored milk and feed the baby.

At Delhi I used to fill my refrigerator with the milk bags and carry them in an insulated box whenever I would come to Mumbai via Airplane”

<https://www.instagram.com/reel/CcKplgmhLhL/?igshid=MTc4MmM1Yml2Ng==>

A women’s breastfeeding journey with her baby is a noval yet challenging situation, one accompanied with uncertainties , fears haunting their minds but one thing which is undeniable is that every mom wants the best for her baby with the resources she can access.

Lets make breastfeeding and work , work . A mother should not have to choose between her job and her breastfeeding baby . Looking for help to have it all and make the situation work for you , raising concerns and asking for help is not a luxury but a necessity. Do not wait for the last minute to make changes , planning in advance and practicing the new routine does ease out the process and reduces stress and panic immensely .

Working women need time and support along with correct and un-biased information , care and understanding even after birth to make their journey a beautiful one .



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