

lack of employer or coworker support, unavailable or inadequate facilities for pumping and storing milk, lack of time to express milk while at work, real or perceived low milk supply, and insufficient time allowed to pump during work. Many mothers may find that a program of breast pumping when away from home and bottle feeding the infant the expressed milk with or without formula supplementation is successful. Expressed breast milk may be stored in the refrigerator (4° C [39° F]) without danger of bacterial contamination for up to 5 days ([Lawrence and Lawrence, 2011](#)). Although feeding the infant at home may occur on a demand basis, pumping milk away from home may be needed every 3 to 4 hours to maintain adequate supply. Breast milk may be expressed by hand or pump (manual or electric) and stored in an appropriate air-tight glass or plastic container. Expressed breast milk may be frozen (–18° C [0° F] or lower) for up to 6 months (depending on the type of freezer used) but care should be taken to prevent freezer burn (see *Breastfeeding: A Guide for the Medical Profession* [[Lawrence and Lawrence, 2011](#)] for further guidelines on storing and freezing human milk).

In addition to efficient breast pumping, mothers also need child care by a trusted individual or agency and support and assistance from significant others. As with all breastfeeding mothers, these women must have proper nutrition and rest for adequate lactation. Maternal fatigue is considered the biggest threat to successful breastfeeding in employed mothers.

### Nursing Alert

Warming expressed milk in a microwave decreases the availability of anti-infective properties and nutrients ([Labiner-Wolfe and Fein, 2013](#)). To prevent oral burns from uneven warming of the milk, breast milk should never be thawed or rewarmed in a microwave oven. To thaw the frozen milk, either place the container under a lukewarm water bath (<40.5° C [105° F]) or place it in a refrigerator overnight.

There are reports of an increase in the use of herbs by lactating mothers to increase breast milk supply. The **galactagogues**, including fenugreek, blessed thistle, fennel, and chaste tree, have