

### **BACK TO WORK SMT TALKING POINTS**

**ANCHOR LEAD-IN:** Many working parents spend a lot of time preparing for their infant's arrival; even companies like Netflix are re-evaluating their maternity/paternity leave. But what people don't spend as much time discussing is the transition back to work, but we are today! We have Dr. Meg Meeker, from the Infant Nutrition Council of America to give parents tips for heading back to work after baby. (:15/:20)

**DR. MEG OPEN CHATTER:** Entrusting your new baby to someone else after your maternity or paternity leave can be overwhelming and emotional. However you can ease the transition back to work by preparing *yourself, your bottles, your caregiver and your employer.* (:10)

1. **PREPARE YOURSELF** (:15)

- First, think sleep! It can take up to three weeks to adjust to a new sleep schedule; so plan ahead and slowly modify your sleep schedule and your baby's to adjust to your back-to-work routine.
- Also, many parents find it helpful to ease into a caregiver schedule – starting with 2 days a week and building up to 5. This not only give you and the baby time to get use to the separation, but it also give you time sans baby to prepare for work.

2. **PREPARE YOUR BOTTLES** (:20)

- A recent study by the Infant Nutrition Council of America showed that 60% of parent's combination feed within the first 3-4 months. So whether you're using formula or pumping, bottle prep is an important part of the back-to-work plan.
- Try preparing your bottles, including label with your child's name and the date it was prepared, for your caregiver the night before can save time in the AM.
- If you're breastfeeding, consider pre-preparing your bag with pump, bottles, etc. Parents can visit [infantnutrition.org](http://infantnutrition.org) for other great information on basic bottle prep for formula and breast milk.

3. **PREPARE YOUR CAREGIVER** (:15)

- Ensure your caregiver has everything they need to continue your care plan, including:
  - i. Properly labeled bottles
  - ii. Feeding schedule
  - iii. Baby's allergies/intolerances
  - iv. Emergency contact information
  - v. Extra supplies such as bibs, burping cloths, bottles, diapers, etc.

4. **PREPARE FOR YOUR EMPLOYER** (:15)

- The workplace will also be a new normal when you go back, so talk to your employer about things like:
  - i. The company policy about telecommuting/working from home when your baby get is sick
  - ii. And - if you're breastfeeding – asking about a clean and private environment to pump and store your milk.

**ANCHOR CLOSE:** These are great tip, thanks Dr. Meg. For more information, on back-to-work and other parenting tips, visit [infantnutrition.org](http://infantnutrition.org). (:10)

## SUGGESTED SLATE INFO FOR STATIONS:

### TIP 1: PEPARE YOURSELF

- Adjust to a back-to-work sleep schedule
- Ease into a caregiving routine

### TIP 2: PEPARE YOUR BOTTLES

- Pre-prepare your bottles with formula/breast milk the night before
- Label bottles with your child's name & the date it was prepared
- If breastfeeding, pre-prepare your bag with pump/bottles, etc.

### TIP 3: PEPARE YOUR CAREGIVER

#### Ensure Your Caregiver Has:

- Labeled bottles
- Feeding schedule
- Baby's allergies/intolerances
- Emergency contact information
- Extra supplies: bibs, burping cloths, bottles, diapers, etc.

### TIP 4: PEPARE YOUR WORK ENVIORNMENT

#### Talk To Your Employer/HR About:

- Available remaining days for when baby is sick
- Possible telecommuting opportunities
- Places to pump/store milk

## ○ STATS ABOUT GOING BACK TO WORK (Infographic stats)

- List out the stats here...
- Maybe we can get some of the graphics from the infographic for the SMT?