

[Music]

Often after people have a baby they wonder, when should I go back to work? When is the right time to go back to work? Is it going to harm the relationship with your baby in any way? No. You have a very special bond with your baby which will be there whether you go back to work at six weeks or you go back to work at a year. You need to do what is healthy for you and your family, and sometimes being healthy is going back to the workforce and providing for your family.

So returning to work after pregnancy is a very personal decision, and it may also depend on how much time you can take off from your job. Most women typically take at least six weeks off after a vaginal delivery and eight weeks off after a C-section.

So for vaginal deliveries, it tends to be a little bit easier to kind of bounce back and get back into the normal swing of things. For women who've had a cesarean section, you've had major surgery, so the recovery can be a little bit more challenging. Your ability to return to work depends on the activities that are required of you at work.

Going back to work at six to eight weeks does not mean that you have to stop nursing. We have lots of women who successfully nurse and pump when they

go back to work and bond with their baby very well.

I recommend that patients go back to work if they want to because it is a very fulfilling part of your life. It doesn't mean you love your child less or you're less of a parent if you go back to work.

[End of recording]