

## **MS11 VT07 Working Moms**

[Music]

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 they can have that time at home to transition and bond with their newborn.

So, we have been thinking a lot about transitions. And so, the first transition when the baby first arrives, we'd like those first couple days just to be the three of us so that we learn what that type of feeling is all about. And then my husband will return to work, and I'll have twelve weeks to bond with the baby and figure out breastfeeding and the baby's schedule and my schedule and how that works best. And the next transition will be me going back to work and my husband staying home so they can have their time together as well. So, we'll see how I feel as things go along.

Women frequently want to know when the best time to return to work is because it's a difficult decision. It can be very hard after being with your baby daily to go back to work. It can be a very emotional time.

Almost all mothers feel some distress about going back to work, and they're conflicted because they have dual roles now. I recommend that patients go back to work if they want to because it is a very fulfilling part of your life.

It is different for everybody. Some people only can take four or six weeks off after pregnancy and other people are able to take twelve weeks after pregnancy or even a year. You need to do what's best for you and your family.

There's always a big transition when you go back to work, but there's lots of women who successfully work full-time and raise their family as well.

I love my job and I want to be a contributing member to the team. And they've been nothing but supportive about that transition back and asking if I need

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perhaps changed hours, or maybe I'll start coming in earlier or taking time to pump in the middle of the day.

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. Other women, if they have a partner or a significant other who can bring the baby to them, they can actually nurse at work during the day as well. And there are options that can be very successful either way.

[End of recording]