



BREASTFEEDING MOTHER BACK TO WORK CHECKLIST

- Talk with your supervisor prior to maternity leave or before returning to work to let him/her know that you will be breastfeeding
- Breast pump, plus adapter or extra batteries if appropriate
- A small cooler or an insulated bag for storage/discreet fridge storage. Keep in mind that breast milk can be stored at room temperature safely for up to 10 hours.
- Enough milk storage containers for the number of pumping sessions during your work or school day
- Wear easy access clothing that opens in the front
- An extra shirt, sweater, or vest at work in case your milk leaks. Patterned clothing also hides spills and leaks better than plain clothing.
- Bring a shawl or small blanket for personal privacy in case others are in the pumping area or if the area you're pumping in is cool
- A water bottle and nutritious snacks to ensure you meet calorie needs of breastfeeding
- Any props, such as a pillow, that make pumping more comfortable for you
- Create a "Do Not Disturb" sign to use if you are pumping in your office.
- An iPod, book, magazine, or picture of your baby to help you relax so that your milk will release more easily
- Other supplies that you might find helpful such as antibacterial wipes, scotch tape and a pencil mark the bottles with the date, and supplies to clean pump