

7

THINGS EVERY Pumping WORKING MOM SHOULD KNOW



1. PUMPING IS HARD WORK

Even though it is a lot of work, it is so worth it! This is one of the most challenging and rewarding things you will do as a mom. Remember you're providing nutrients that will have life long health benefits.



2. MEET WITH A LACTATION CONSULTANT

I would highly recommend doing this right after baby is born. Even if you feel like things are going well, it's always good to get a professional's opinion.



3. GET THE RIGHT EQUIPMENT

If you plan on pumping at work you will need to have a pump. Do some research and figure out which would be the best pump for you and make sure everything fits well before you go back to work!



4. STOCK UP!

Before you head back to work you will want to build up a little bit of a supply, but don't stress yourself out too much. The most important thing is that your baby is getting enough.



5. WATCH YOUR DIET

Eat a healthy balanced diet. You burn an extra 300-500 calories a day while nursing, so be sure to pack extra snacks. It's also important to stay hydrated. Remember to drink LOTS of water!



6. MAKE A PLAN

Before you head back to work meet with your supervisor and work out a place to pump and discuss your pumping schedule. Know your rights! Federal law requires employers to provide break time and a place to pump.



7. PUMP CONSISTENTLY

This is probably the most important part of pumping. You absolutely have to be consistent. Try to keep your pumping schedule as close to your little one's eating schedule as possible. Pay close attention to how often your little one is eating and plan accordingly.

TO DO LIST:

- Meet with a lactation consultant
Name: _____
Number: _____
- Check out support groups in the area (if needed)
- Research pumps
- Purchase pump *check with insurance company to see if it's covered
- Prepare pumping bag
 - Hands-free Bra
 - Extra Bottles w/ Lids
 - Extra Pump Parts
 - Cleaning Wipes
 - Storage Bags
 - Microwavable Sterilizing Bags
 - Snacks (just in case)
 - Something to Read
 - Picture of your Baby
 - Water Bottle
- Read over your rights as a pumping mom before heading back to work
- Meet with your supervisor
 - Discuss your pumping schedule
 - Check Available Spaces
 - Build in Breaks if Needed
- _____
- _____
- _____
- _____
- _____
- _____