

Tips For Success: PUMPING AT WORK



TALK TO YOUR BOSS

Before you return to work, talk to your boss about your decision to pump at work. Together, figure out which room you can use for pumping.

* This room should:

- ✓ Be private and secure
- ✓ Have an electrical outlet for your breast pump
- ✓ Not be the bathroom

If your child care is nearby, ask permission from your employer to take a long enough lunch break to go there and feed your baby.

KEEP EVERYTHING CLEAN

Before pumping, wash your hands well with soap and water. If you don't have soap and water, use a hand sanitizer with at least 60% alcohol. Keep your pumping area, pump parts, and bottles clean.

How can I keep my pump parts clean?

Rinse the parts that come in contact with your milk with soapy water at work. At home, wash your pumping kit with hot soapy water and let the pump air dry overnight. Do not wash the pump tubing.

* Never put an electric pump in the water.

Use pumped milk
within 4 days or
freeze it to use later.

HAVE THE RIGHT SUPPLIES

* To pump at work, you will need:

- ✓ Your pump and kit
- ✓ Containers to store the milk you have pumped
- ✓ An insulated bag
- ✓ Ice packs to keep your milk cold
- ✓ Reusable or disposable pads
- ✓ Hand sanitizer and cleaning supplies for your pump parts





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MY DAILY WORK CHECKLIST

This checklist can help make sure you have everything ready for the day.

THE NIGHT BEFORE

- Pack baby's diaper bag with diapers, 2-3 outfits or body suits, favorite toys, and bottles/nipples, cups, or spoons for feeding my expressed milk. (Ask a family member to help!)
- Set out clothes I will wear to work the next day.
- Clean pump parts (ask partner to help) and set pump and cooler by the door.
- Pack extra pads.
- Prepare my lunch with healthy snacks.

BEFORE I LEAVE FOR WORK

- Breast or chestfeed baby.
- If possible, leave baby in pajamas to save time.
- Take to child care: diaper bag and cooler bag with my expressed milk.
- Take to work: lunch, pump, clean containers for my milk, and cooler bag with ice packs.

Take This Lesson For Great Tips On:

- Feeding your baby while you are at work.
- Preparing to be away from your baby.
- Knowing your rights.

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Pregnancy And Baby's First 6 Months**
- Choose the lesson: **Returning To Work Or School**

