Preparing to Return to Work

Before you go back to work, familiarize yourself with the federal and state laws that will impact you. Talk to your employer about the benefits of allowing mothers pumping breaks at work. Give them a brief summary of the law and ask about accommodations they'll be able to provide.

BENEFITS FOR EMPLOYERS

- **Loyalty** A breastfeeding mother who feels supported at work may be more likely to stay with her employer which reduces costs associated with hiring and training new employees.
- **Less Missed Days** Breastfeeding keeps infants healthier by defending them against different infections, allergies and other conditions. This can help mothers miss less work due to illnesses.
- **Increased Productivity** Stress and worry about a declining milk supply and engorgement can affect a mother's ability to concentrate and be as productive as she can be. Allowing a short break to pump can help lower her stress and increase her productivity.

SUGGESTED ACCOMMODATIONS FOR PUMPING MOTHERS

- Small table to hold supplies
- A convenient area close to a sink
- Mini refrigerator close by for storing breast milk
PUMPING SUPPLIES CHECKLIST

- Large bag
- Breast pump
- Extra pump parts
- Insulated bag
- Ice packs
- Hands-free pumping bra
- Extra nursing pads
- Extra shirt (in case of spills)
- Nipple cream
- Bottles to pump milk into
- Storage bags
- Labels and marker
- Batteries
- Hand sanitizer
- Snacks and water
- Optional: Nursing cover
- Optional: Pump cleaning wipes

formodernkids.com/pumping-at-work
Privacy

Please

PUMPING IN PROGRESS
Occupied!

PLEASE KNOCK BEFORE ENTERING
PUMPING IN PROGRESS

Please Knock
DO NOT ENTER

Pumping In Progress