

Breastfeeding & The Working Mama

This is your personal **Work. Pump. Work. Pump** ✓ list!

Just *print, check off* & head to work with Confidence

Got it

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Mama Must Haves

- Breast Pump (Electric or Manual)
- 2 Bottles with lids (2) sets
- Hands free pump bra & bf friendly top
- Extra pump parts (flanges, tubing, etc)
- Breast milk storage bags
- Sanitizing wipes
- Breast milk collector cups or Nursing pads
- Water and snack
- Pumping/ Diaper bag to hold all above

Got it!

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Mama Maybes

- An extra top incase of accidents
(yup, it happens)
- Small cooler bag & ice packs to store milk
depending on your work accommodations
- Pictures of baby to help set the mood
(believe ya girl, it helps).

Note: Add additional items you may need below!