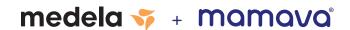




### Hey Mama!

There's nothing like having a baby to prove that you can't control everything, and going with the flow is critical to surviving that first year. But so is having a plan. So we made one that sets you up for breastfeeding success when you return to work.

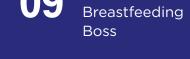
Love, Medela and Mamava



PS: To learn more about how your employer can support breastfeeding parents, visit **NewMomsHealthyReturns.com**.

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Travel Like a

Work + Milk





How Well Does Your Workplace Support Breastfeeding?

### **Before Your Maternity Leave**

Know your breastfeeding rights.

The Federal Fair Labor Standards Act requires that employers provide hourly employees break time and a private place to pump (not a bathroom). Many states have stronger laws to protect breastfeeding. Visit mamava.com/breastfeeding-laws to learn more.

Talk with your manager and/or HR.

Ask about your workplace lactation accommodations. Find out where you will pump, how far it is from where you work, and if there's access to a fridge.

Pick out your breast pump.

Most moms can get a pump covered by health insurance, but plans differ from provider to provider, so call your insurance provider to learn more.



◆ The Moms' Room by Medela gives you tools and information—as you need them—and connects you with other moms to help you reach your breastfeeding goals. Sign up at NewMomsHealthyReturns.com/themomsroom.

### **On Your Maternity Leave**

### Build your freezer stash.

Start pumping two to four weeks before you return to work to stockpile frozen breast milk. Depending on your baby's nursing schedule, it's often helpful to pump one hour before breastfeeding or one hour after.

#### Read a book.

Jessica Shortall's *Work. Pump. Repeat.* delivers tried-and-true, practical tips for pumping at work. *The Fifth Trimester* by Lauren Smith Brody draws honest and fun advice from 800 moms.

### Practice packing your pump bag.

If possible, pack an extra set of flanges, valves, and tubing to leave at work.

Get baby used to taking a bottle before you go back to work.



Juggling two jobs and two kids in daycare isn't easy. Here's how Mamava's Nikkie Kent, a mom of two (with another on the way) and her husband, Jeremy, make it all work.



Divide, conquer and be clear about who's doing what. For instance, Jeremy always makes breakfast; Nikkie preps lunches in advance.

### Hold a standing meeting.

Every Sunday evening, the Kents plan meals and coordinate work and kid drop-off and pickup schedules.

### Keep your eyes on the prize.

"If your goal is perfection, you'll always come up short," says Nikkie. Balance structure with spontaneity to make space for the right thing, at the right time—like an impromptu family hike, even though it's dinner time.



5

Breastfeeding & Work: Your Survival Guide to the First Year

# Pack Your Pump Bag Like a Pro



Returning to work after baby can be a mixed bag of emotions—excitement, sadness, maybe even a smidge of #momguilt. (Smudge that out!) In any case, the last thing you need is to worry about what to put in your pump bag. So we've created this essential pump bag packing checklist for you.



- 1 Pump & Tubing
- 2 Flanges, Breast Shields, and Bottles
- 3 A hands-free pumping bra (or leave one at work)

- 4 A small cooler with a freezer pack
- 5 Milk bottles
- 6 Large zip-top plastic bag for storing pump parts between sessions
- 7 Your phone with the <u>Mamava</u> app loaded!
- 8 A big scarf in case it's cold
- 9 Bra pads
- 10 A photo of your babe to help you relax and let down
- 11 Healthy snacks
- 12 Water bottle to stay hydrated
- 13 Wipes or a sanitizing spray for quick clean-up
- 14 Bottle brush and drying rack to leave at work



Replenish your supplies at medela.us/breastfeeding/products

### **Back to Work**

### Schedule your pump sessions.

Set up your calendar with daily recurring events to pump every three or four hours. Let your colleagues know your pump breaks are non-negotiable and request that meetings not be scheduled during those times.

### Find yourself a bosom buddy.

Enlist a co-worker who understands your breastfeeding goals and can share helpful insights. Your best advocate: a mom who's been there herself.

### Prepare for shake-ups.

Returning to work can affect milk supply and everyone's schedules may feel a little off, so it might be a good time to circle back with a lactation consultant or other experts. (Pacify's lactation consultants and pediatric nurses are on-call 24/7—learn more at 24x7LC.com.)

Supportive female coworkers can play an important role in a woman's decision to continue breastfeeding after returning to work.

Health Communication, 2019

# **Travel Like a Breastfeeding Boss**

As if being away from your baby isn't tough enough, work travel when you're breastfeeding comes with some extra-special challenges. Here's what we've got for you: Gallons of empathy, plus these tips for getting your milk home to baby.

- ▶ Know the TSA guidelines. Know the rules; consider carrying a copy. Breast milk is exempt from the 3.4 ounce liquid rule. Let the TSA agents know you're traveling with breast milk and separate your pump and bottles (empty or full) from other liquids for screening.
- ▶ Plan places to pump. Scout spaces along your route and at your final destination. The (free!) Mamava app guides you to thousands of places to pump in private—never a bathroom.
- Have a plan for getting milk home.

Bring a small soft-sided cooler for your milk and some zip-top plastic bags to store ice. After going through security, stop at a restaurant to fill up. Freezer packs are allowed, but must be completely frozen to get through TSA. Ask your employer if they reimburse milk shipping expenses for work travel—with a company like milkstork.com—because many do.

### Ensure access to a hotel fridge.

Call your hotel to confirm you'll have access to a refrigerator to store your milk and a freezer for your ice packs, in your room or elsewhere.

- Ask for what you need. People don't always understand pumping. Tell travel companions and colleagues that you require predictable breaks, a private space, and time to pump.
- **Enjoy yourself.** Use your time away to relax and recharge. Have a glass of wine. Savor a long shower. Read a book. Enjoy a full night of uninterrupted sleep. (It might even be good for your milk production!)

The free Mamava app helps moms find thousands of places to pump or nurse on the go—never a bathroom. It also unlocks Mamava pods and connects moms to useful breastfeeding content and a network of encouraging moms!





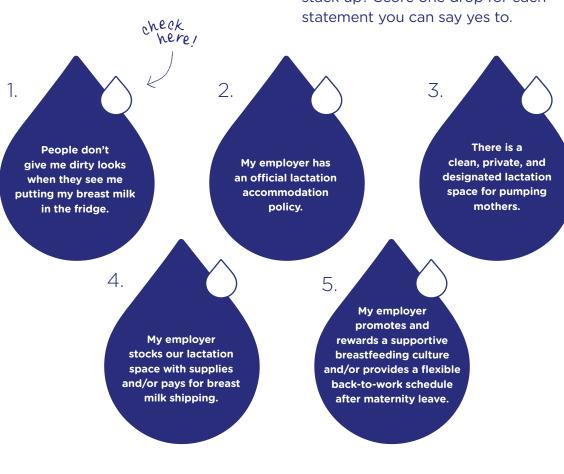


Breastfeeding & Work: Your Survival Guide to the First Year Are you pumping every 3-4 hours at work? Work + Milk Supply: NO **Find Your Flow** Now that you're back to work, are you Managing milk supply when you go Do you feel back to work can be a big source worried you're not relaxed during of stress. What can you do? making enough milk your pump for your baby? sessions? Can you add Follow this flow. For more another pump NO helpful resources like this, visit session at work? mamava.com/working-moms Great! Try a couple Invite some spa of strategies vibes into your perhaps all at pump sessions. once. TRY Is your Schedule Look at a baby happy, TRY healthy + pic of your sessions growing? babe. in your calendar. Yay! YES Celebrate this Ask a NOT SURE abundance—and hang coworker to Turn on Work Listen to onto these milk-stoking help protect relaxing during a strategies for a time you an audio your time. sounds. session if it need them. book. helps. A lactation HOT TIPS FOR MAINTAINING YOUR MILK SUPPLY consultant can help All sounds great! Check in with a troubleshoot your But consult a 1. Check your supplies. A flange that's not the 3. Seek support. A lactation consultant can help healthcare provider specific challenges. right size can hinder milk expression. Refer to the determine if you need help with your milk supply, doctor or lactation (baby's and/or yours) information that came with your pump to learn and work with you to find ways to address the issue. consultant if you're to ensure everyone is about replacing parts. concerned. A-OK. 4. Make smart choices. Research is mixed on 2. Take care of yourself. How well you eat, sleep whether teas, bars, and other goodies touting milkboosting benefits actually work. Check with your and manage stress can impact your supply. Keep healthy snacks and water handy. Rest. Ask for help doctor before trying.

when you need it.

# How Well Does Your Workplace Support Breastfeeding?

In a 2020 New Moms' Healthy Returns study, 4 out of 5 mothers said their employer could be doing better to support breastfeeding mothers. How does your workplace stack up? Score one drop for each statement you can say yes to.

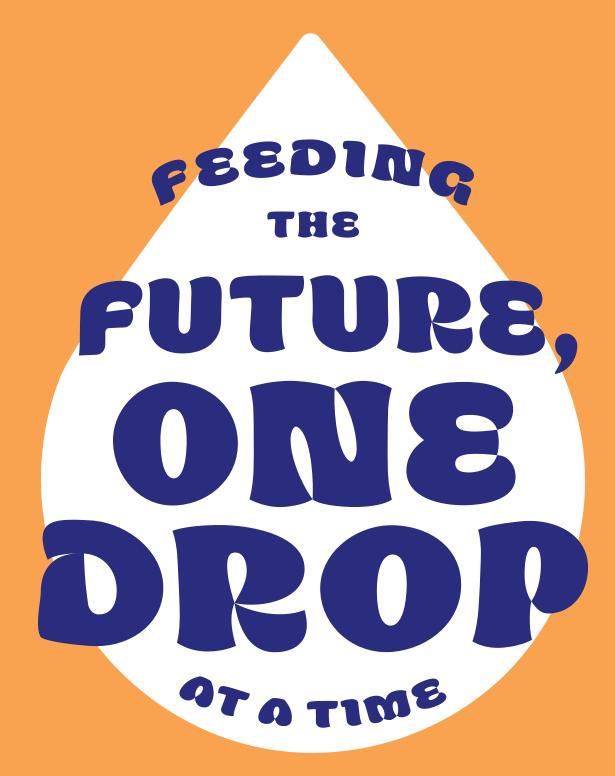


1-2 drops: Oh dear. It might be time to start lactivating for better support at work. Or looking for a new job. **3 drops:** Your situation isn't the worst, but you deserve more support.

**4: drops:** Sounds like your employer is doing a good job—perhaps you can help them do even better.

5 drops: Take a moment to send a grateful note to your colleagues, your HR director, your boss, thanking them for creating a workplace that supports breastfeeding parents.

Visit NewMomsHealthyReturns.com for tips and tools to help you advocate for a more supportive workplace environment for breastfeeding mothers.





NewMomsHealthyReturns.com

