

Preparing to Go Back to Work



In the weeks before returning to work:

- Practice pumping.
- Learn how to [clean your pump parts](#).
- Consider getting a hands-free pumping bra.
- Find a bag to transport your pump and supplies (pump parts, extra parts, bottles, storage bags, cleaning wipes, etc.).
 - Review the [pump checklist](#) for what you may need to pack in your bag.
- Practice introducing a bottle to your baby, using [paced bottle feeding](#).

Write down your goal(s) to provide human milk for your baby

- Allow yourself to adjust your goals when necessary.
- Share your goals with your family, friends, and child care provider, so they can support you.
 - Share [Caregiver Tips for Bottle Feeding Human Milk](#) with those who will be watching your baby while you're at work.
 - [The American Academy of Pediatrics](#) recommends human milk as the only source of nutrition for your baby for 6 months and can be continued for as long as both you and your baby desire it, for 2 years or beyond.

When working outside of your home:

- Wear clothing that easily allows you to pump.
- Pack your pump bag the night before so you're ready to go!
- Know where you will be pumping when at work.
 - If it is a shared space, find out if other people are also pumping at your workplace. You may need to coordinate pumping schedules.
 - [Print a sign](#) to post on the door while you pump.
- Know where you will [clean](#) or store your pump parts between sessions.
- Find a way to treat yourself while you pump.
 - Enjoy a snack, drink water, look at pictures, watch videos of your baby, listen to an audiobook/podcast/music, or close your eyes and rest.

TIP

Put a sticky note by the door or schedule a reminder on your phone to remember your pump bag on the way out the door.