



# Confidence from the Closet: Tips for the Mama Returning to Work



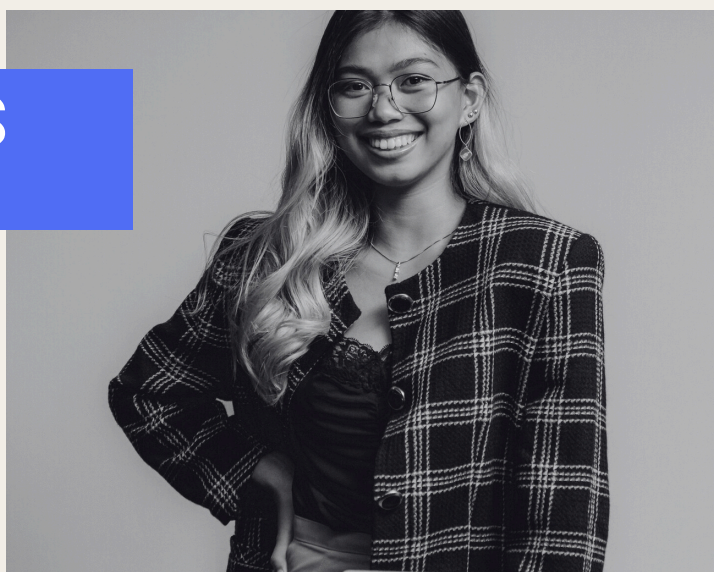
## INVEST IN A GOOD PUMPING TANK

If you are breastfeeding and intend to continue once you return to work, investing in a comfortable, high quality pumping tank will go a long way (trust us, you'll basically be living in it!) Bonus points: get one in black or white so that it can easily pair with a cute cami, blazer, or wrap dress. Some good options can be found at Bodily, Kindred Bravely, and Target.

## EMBRACE PATTERNS AND BLACK

Patterns are great at hiding stains - from leaky boobs to milk stains and everything in between.

Black is classic, simple, and also able to hide stains. Cannot go wrong!





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## BRIGHT COLORS CAN BOOST YOUR MOOD

Depending on your office environment, bright colors can be an excellent addition to your wardrobe. Incorporating bright colors into your return to work attire can boost your mood, shift to a more positive mindset, and help you feel more confident. This can be as simple as adding pops of color into an otherwise neutral look.

## ACCESSORIES CAN CHANGE AN OUTFIT

Accessories can be a fun addition to change up an outfit, extending the life of your clothes. They can add sophistication and versatility, tying your outfit together. You can also add fun pops of color. Just make sure it's easy to take off at the end of the day - babies love to grab onto jewelry!







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## BUTTON DOWN SHIRTS OR DRESSES

Button down shirts and dresses can provide quick and easy access for pumping without completely undressing. Banana Republic and Nordstrom (among others!) have great options.



## WRAP OR FAUX WRAP TOPS AND DRESSES

Similarly, wrap and faux wrap dresses and tops provide quick and easy access for pumping without completely undressing. Nordstrom Rack and Boden (among others!) have great options.



HAVE MORE QUESTIONS?

# Get in touch with team Josie:



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