

Tips for *Pumping* at the Office

1

Block time on your calendar so meetings are not scheduled over the time you need to pump.

2

If there are multiple people who need to use the pumping space, talk to your employer about setting up an additional dedicated pumping office with curtains over the windows and a *door that closes and locks!*

3

You may be able to rent a pump to keep at the office - check with your insurance!

You could also ask your employer if they would be willing to buy a pump for the office, to which you could attach your own personal accessories/parts.

4

Keep an extra set of pump parts and milk storage bags at the office.

5

Bring a cooler and ice packs for transporting pumped milk back home.