

Milk Mama Back-to-Work Care Package

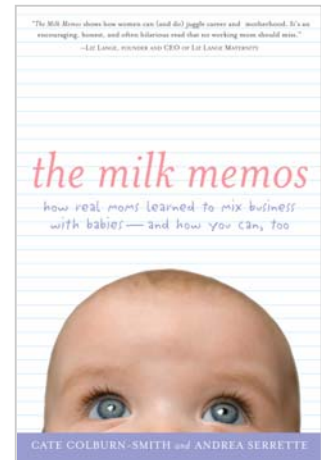
Adapted from:

The Milk Memos:

*How Real Moms Learned to Mix Business with Babies –
and How You Can, Too*

By Cate Colburn-Smith & Andrea Serrette

A new Tarcher/Penguin book on-sale March 15, 2007



If you know a Milk Mama who will be returning to paid work, trust us, she would **love** to receive a care package of breastfeeding/pumping goodies. What a great way to let her know that you realize going back to work is a big deal and a difficult transition. Show her your support with a basket including some of the following items:

- *The Milk Memos* book (forgive us for the shameless advertising!)
- Printouts of Resource pages from www.milkmemos.com
- Blank journal and fun pen
- Breastmilk storage bottles
- Breastmilk storage ziplock bags
- Breastpads (to help her avoid leaky incidents)
- Nipple ointment
- Breastpump sterilizing items (wipes, microwave bags)
- Hand sanitizing items (gel, wipes)
- Water bottle
- Picture frame (for baby's photo!)
- Small tote bag for pumping accessories, lunch, etc (it's a pain carrying a pump to work on top of everything else!)
- A note that says you know she can do it, and you're there for her!

For laughter, encouragement and many more Milk Mama tips, check out *The Milk Memos*, a one-of-a-kind guide to balancing motherhood and work, based on actual journals kept by a group of IBM women during their visits to the company's employee lactation room.