

Pump-at-Work Essentials

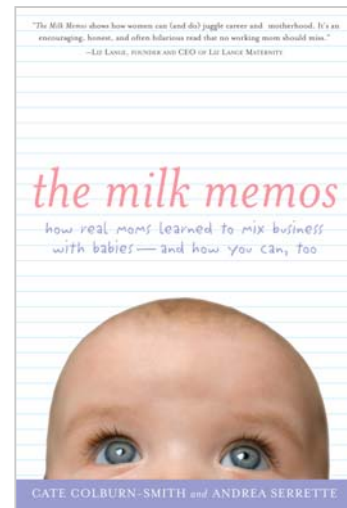
Adapted from:

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



Use this checklist to make sure you're ready to pump on your first day back to work:

- Breastpump with all the parts.
Pumps vary, but generally include the following parts:
 - 2 breastshields
 - 2 pieces of tubing
 - 2 sets of valves that attach to the breastshields to enable suction
 - 2 sets of small membranes that attach to the above valves
 - 4 pump-attachable milk collection bottles
 - Ice packs (if pump includes milk cooler/storage compartment)Also bring these just-in-case extras:
 - 2 additional milk-collection bottles and lids
 - A few milk-storage bags with Ziploc closures
 - 1 or 2 extra valves and membranes if you have them
- 1 roll of paper towels and/ or a couple burp cloths to wipe up spills (eek!) and dry your breasts after pumping
- Something to clean your pump parts (one or more of the following):
 - Small container of liquid dish soap plus drying rack (space permitting)
 - Antibacterial wipes
 - Microwave sterilizer bags
- Pictures of your baby!
- Journal and pen
- If needed, depending your pumping situation:
 - Extension cord or power strip
 - Car power adapter
 - If you don't have access to a refrigerator, and your pump doesn't include a milk cooler / storage compartment, bring a small insulated cooler + ice packs
 - If you'll be storing your breastmilk in a community refrigerator, bring a small reusable lunch bag to keep your milk bottles/bags private and secure

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.