

PUMPING-AT-WORK BASICS: A CHECK LIST

In the wise words of one advertising account executive, “There is no dignity in attaching yourself to a milk-extraction machine half-naked in your office.” Make yourself a little more comfortable by making sure the space where you’ll be pumping is adequate. Ask to see it before you go out on maternity leave, or if you’re already back in the office, compare the space you have to what’s on this list. If something is missing, don’t be afraid to ask for it! That’s the only way anyone will know what you need.

WHAT TO LOOK FOR:

- A private enclosed space with a locking door (any windows should have shades or opaque glass).
- A built-in sign that can be adjusted to read that the room is either in use or available. (This will be taken much more seriously than will a taped-up handmade sign.)
- A conveniently placed electrical outlet
- A comfortable chair
- Easy access to a sink, microwave, and refrigerator. (Ideally, these things will be actually in the room! If not, see if your employer will buy a mini fridge and compact microwave that you can use for sterilizing parts.)
- A scheduling system—if the room will be used by others. (Shared Outlook or Goggle calendars can be great for this.)
- Decent Wi-Fi reception and a phone line
- A company-provided hospital-grade pump. (Ask for this! It’ll improve your productivity—and that of other pumping moms—because you’ll be able to pump faster. Expect to bring your own pump parts.)
- A mirror, so you can check your appearance (no visible spills!) before leaving.

SOME OTHER NICE-TO-HAVES IN THAT SPACE:

- A basket or box disposable nursing pads.
- A wet-wipes dispenser, or paper towels and cleaning solution for any spills.
- Cubbies or drawers where women can leave their pumps and other equipment.
- A water cooler or water pitcher.
- Healthy snacks (for low-blood sugar pumping sessions).

Want to learn more about breastfeeding when you return to work? Pick up a copy of *HERE'S THE PLAN: Your Practical, Tactical Guide to Advancing Your Career During Pregnancy and Parenthood*. Visit www.herestheplan.com to order yours!