



**ILLINOIS STATE
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Illinois' first public university

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BREASTFEEDING MOTHER BACK TO WORK CHECKLIST

- ☐ Talk with your supervisor prior to maternity leave or before returning to work to let him/her know that you will be breastfeeding
- ☐ Breast pump, plus adapter or extra batteries if appropriate
- ☐ A small cooler or an insulated bag for storage/discreet fridge storage. Keep in mind that breast milk can be stored at room temperature safely for up to 10 hours.
- ☐ Enough milk storage containers for the number of pumping sessions during your work or school day
- ☐ Wear easy access clothing that opens in the front
- ☐ An extra shirt, sweater, or vest at work in case your milk leaks. Patterned clothing also hides spills and leaks better than plain clothing.
- ☐ Bring a shawl or small blanket for personal privacy in case others are in the pumping area or if the area you're pumping in is cool
- ☐ A water bottle and nutritious snacks to ensure you meet calorie needs of breastfeeding
- ☐ Any props, such as a pillow, that make pumping more comfortable for you
- ☐ Create a "Do Not Disturb" sign to use if you are pumping in your office.
- ☐ An iPod, book, magazine, or picture of your baby to help you relax so that your milk will release more easily
- ☐ Other supplies that you might find helpful such as antibacterial wipes, scotch tape and a pencil mark the bottles with the date, and supplies to clean pump