

# BACK TO WORK BREASTFEEDING PLAN

## BREAST PUMP INFORMATION

Manufacturer \_\_\_\_\_

Model \_\_\_\_\_

Power Type  Plug-in  Battery

## PUMPING SCHEDULE

Typically every 3 hours for 20-30 minutes

Break # 1 \_\_\_\_\_

Break # 2 \_\_\_\_\_

Break # 3 \_\_\_\_\_

## PUMPING AT WORK

- Private room  Yes  No
- Outlet in room  Yes  No
- Locking door  Yes  No
- Refrigerator  Yes  No
- Sink  Yes  No
- Microwave  Yes  No

## CAREGIVER CONTACT INFO

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

## PUMPING SUPPLIES

- Electric breast pump
- Breast pump bag
- Power Adapter
- Batteries
- Tubing
- Flanges
- Storage containers
- Container lids
- Milk storage bags
- Pen (for labeling bags)
- Cleaning supplies   
(wipes, soap, steam bags)
- Cooler bag
- Ice packs
- Back up manual pump
- Bottle sterilizer (for home)

## CAREGIVER CHECKLIST

Things to make sure your baby's caregiver has:

- Stored milk (16oz recommended)
- Instructions for heating breast milk
- Work contact Info
- Break schedule Info
- Emergency contact
- Wet/dry bag for empty bottles
- Cooler bag

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