

BACK TO WORK

# Breastfeeding Checklist

## Pumping Supplies

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

## PUMPING AT WORK

Know your rights! Federal law requires employers to provide reasonable break time and a private space (away from view & free from intrusion) for expression of breast milk for at least one year after birth.

- |                   |                       |     |                       |    |
|-------------------|-----------------------|-----|-----------------------|----|
| Private Room      | <input type="radio"/> | YES | <input type="radio"/> | NO |
| Electrical Outlet | <input type="radio"/> | YES | <input type="radio"/> | NO |
| Locking Door      | <input type="radio"/> | YES | <input type="radio"/> | NO |
| Refrigerator      | <input type="radio"/> | YES | <input type="radio"/> | NO |

## PUMPING SCHEDULE

A common pumping schedule is every 3 hours for 20-30 minutes.

Break #1 \_\_\_\_\_ : \_\_\_\_\_ - \_\_\_\_\_ : \_\_\_\_\_

Break #2 \_\_\_\_\_ : \_\_\_\_\_ - \_\_\_\_\_ : \_\_\_\_\_

Break #3 \_\_\_\_\_ : \_\_\_\_\_ - \_\_\_\_\_ : \_\_\_\_\_

## CAREGIVER CONTACT INFO

Phone \_\_\_\_\_

Email \_\_\_\_\_

## CAREGIVER CHECKLIST

- Stored milk
- Instructions for heating breast milk
- Work contact info
- Break schedule info
- Emergency contact
- Wet-dry bag (for empty bottles)
- Cooler bag

