

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 break time and private space (away from view and free from intrusion) for expressing breast milk for one year after a child's birth.

- | | | | | |
|----------------|-----------------------|-----|-----------------------|----|
| Private Room | <input type="radio"/> | yes | <input type="radio"/> | no |
| Outlet in Room | <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

—Typically every 3 hrs. for 20-30 min.

- 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