GOING BACK TO WORK?

PUMPING CHECKLIST

Block off time to pump on your calendar/during your shift Secure a Pumping Room or private pumping space	SPACE & PLANNING part 2
Let your co-workers/team/boss kn that you plan on pumping at work	ow
Create a system to clean your pump parts (+ you!)	٥٥٥
Bring water bottle & snacks	