

A woman with long brown hair, wearing a bright blue sleeveless dress, is shown in profile from the waist up. She is carrying a large, grey bag with a white geometric pattern. The bag has a wide shoulder strap and a top handle. She is looking down and to the right. The background is a residential street with a house, a car, and some greenery.

Pump Like a Boss

AN ESSENTIAL
going-back-to-work
guide for pumping
mamas

COPYRIGHT © 2018
sarahwellsbags.com



Pump Like A Boss

AN ESSENTIAL GOING-BACK-TO-WORK GUIDE FOR PUMPING MAMAS

Hey, Mama!

Before you dig into our guide, I just wanted to start with a quick “hello” and remind you that you’re far from alone on this crazy pumping-and-working journey. The amazing support and encouragement I felt from fellow moms is one of the biggest reasons the Sarah Wells Bags brand exists. Every single detail – from the thermally-lined pockets to store your breast milk to padded laptop sleeves – was designed with input from pumping moms like you. It’s why your input means so much to us, and it’s why we created this guide that’s filled with tried-and-true tricks real moms are using every single day. We know that pumping can be a rewarding, exhausting and sometimes lonely journey – but it also means you’re part of one of the best, fiercest, most supportive girl gangs in the world.

PUMP ON, MAMA!

Sarah Wells

In this guide, you’ll find:

- ▶ Sample Pumping Schedule
- ▶ Packing Checklist for your Breast Pump Bag
- ▶ 10 Pumping Hacks for Working Moms
- ▶ Plus, Tips From Fellow Pumping Mamas

Planning Your Back-to-Work Pumping Schedule

Every working mom's schedule and work demands are different. If you work in a traditional office environment, it may be somewhat easier to schedule in your pumping breaks. But if you're a teacher, nurse, police officer, airline pilot, or your job requires being on the road most of the day, we hope this serves as a guideline that you can adjust to meet your unique schedule.



SAMPLE SCHEDULE

Start with this schedule and adjust it to fit your needs. We know babies' sleep patterns can still be unpredictable (thank goodness they're cute!), but if possible, plan to get up and out of bed 30 to 45 minutes before your baby typically wakes up so you have time to get ready and squeeze in a pump session.

- 6:00 a.m.** Shower, then pump while you brush your teeth, apply your makeup, do your hair, etc.
- 6:30-6:45 a.m.** Wake and feed baby (feed yourself, too!)
- 7:30 a.m.** Leave for work with your baby
- 8:00 a.m.** Drop-off baby at daycare
- 8:30-9:00 a.m.** Pump when you get to work
- 12:00 p.m.** Lunch and second pump
- 3:00 p.m.** Third pumping break
- 5:00 p.m.** Leave to pick up your baby
- 6:00-6:30 p.m.** Pump

Please Note: We know the 6 p.m. pump might be hard to accommodate, whether you're still commuting at that time or because that is typically a hectic time of day at home. If you're home, ask your partner to take care of the kiddo, even if you just squeeze in a 15-minute session. Another option is to pump on your drive home.

- 10:00 p.m.** Pump then head to bed

Optional Middle of the Night (MOTN) Pump: Say what!?!? Set an alarm for the middle of the night to get out of bed and PUMP? We know it sounds crazy. But tons of moms SWEAR by their Middle of the Night pump. Yes, it sucks to set an alarm and drag yourself out of bed to pump, however if you tend to be an "undersupplier" or you're particularly worried about maintaining your supply, it could be an option.

The Ultimate Checklist

PACKING YOUR BREAST PUMP BAG

Because there's nothing worse than sitting down to pump and realizing you've forgotten storage bags, or bottle lids or your secret cookie stash. Here's a list of everything you need to pump like a boss at work.

▼ *How to use this list*

Print this checklist and keep it wherever you keep your breast pump bag. Every morning (during or right after your morning pump session) go through the list and make sure you've checked everything off.

☐ Your Breast Pump & All Its Many (Many) Parts

We know it sounds obvious, but when you're in the midst of your new morning rush routine, it can be easy to forget little things like valves. Here's a checklist of all the individual parts you might need, depending on your pump.

- ☐ Flanges (also called a Shield)
- ☐ Duckbills
- ☐ Membranes
- ☐ Tubing
- ☐ Valves
- ☐ Battery Pack
- ☐ Power or Car Adapter (if you plan to pump in the car)

☐ A Cooler With Ice Packs

Opt for a cooler that's roomy enough to store all of your pumped milk and keep it cold for up to 8 hours. Even if you have access to a fridge, you'll need to keep that liquid gold cold during your commute home.

☐ Storage Bags or Bottles

Pack two for each pumping session — and remember to pack bottle lids too (if you're using baggies, bring a pen so you can label it with the date, time and amount).

☐ Hands-Free Pumping Bra

Whether you plan to work while you pump, look at sweet baby pics or browse your Instagram feed, a hands-free pumping bra will give you the freedom to multitask.

☐ Snacks and Water

According to KellyMom, eating less than 1500-1800 calories per day could negatively impact your precious supply. Don't you just love it when science gives you permission to sneak in a few extra snacks?! Store some healthy snacks (and maybe one or two indulgent treats) in your breast pump bag so you can munch while you pump.



ABBY NAVY STRIPE [View Online >](#)

The Ultimate Checklist

...continued

Large Storage Bag or Wet/Dry Bag

Perfect for storing parts between pumps and at the end of the day. You can use a large plastic bag (think Ziploc) or buy a wet/dry bag specifically designed for breast pump parts. In the end you'll probably save money with one dedicated wet-dry bag, versus buying baggies every month – you'll go through them faster than you think. The Sarah Wells Pumparoo is a wet/dry bag that also serves as a clean surface to setup and take down your breast pump parts, so you don't have to let your pump parts come into contact with potentially icky surfaces like desks or countertops. For complete guidelines on cleaning and storing pump parts, refer to the CDC Breast Pump Cleaning Guidelines.

Nursing Cover/Small Blanket

First off, office buildings are notoriously cold, so a blanket or cardigan can help keep you warm while pumping. Second, sometimes you forget to lock the door, or your Do Not Disturb sign falls off the door or is ignored altogether.

Wet Wipes

Just in case you get a few drops of milk on your clothes, on your breast pump bag, or on the chair (and to wipe and the evidence of residual cookie crumbs off your fingers).

Extra Breast Pads

If you're prone to leaky boob syndrome, keep your blouse stain-free with some breast pads.

Travel-Sized Dishsoap plus a Bottle/Pump Brush

If you leave your pump parts at work, you'll need to clean them after your last pump of the day.

▼ Pumparoo Anchors



[View Online >](#)

Pumping Hacks for Working Moms

JUGGLING PUMPING AT WORK CAN GET HECTIC

These hacks are designed to help you streamline your pumping process while getting more ounces per session.



01 Keep extra pump parts at the office.

If you have a place to store them, invest in a separate set of pump parts to keep at work, so you have fewer things to pack in your breast pump bag.

02 Find a quality, hands-free pumping bra.

Rather than hold your bottles throughout your pumping session, invest in a good-quality pumping bra to free up your hands.

03 Keep your breast pump parts clean with a Wet/Dry Bag for Breast Pump Parts.

Once you've finished pumping, rinse your pump parts thoroughly and store them in a wet/dry bag to store in a refrigerator or cooler. You can also use it as a staging area to set up and break down, so your pump parts don't have to come into contact with potentially unsanitary surfaces. For complete guidelines on cleaning your pump parts, refer to the CDC Breast Pump Cleaning Guidelines.

04 Ditch the bottles and use a direct-pump breast milk collection system.

If you have recurring dreams of washing bottles, consider using the Kiinde Twist™ system, which allows you to "pump, store, organize, warm, and feed using the same pouch." The system comes with several adapters so you can use them with all major breast pump brands.

05 Pump while you drive.

If you drive to work, you can eliminate two at-work pumping sessions by pumping on your way there and back. If you're in a type of work environment where sometimes, you just can't stop to pump, whether you're an ER nurse, a trial attorney or in law enforcement, sneaking in a pump session on your drive will save you TONS of time and help you maintain your precious supply.

06 Pump while you work!

Not everyone can afford several proper pumping breaks away from their desk. What about pumping while working? If you use a concealable hands-free pumping system, such as Freemie, combined with a quiet breast pump, you can do most of your work while breast pumping.

07 Schedule pumping sessions on your calendar.

If you work in a more traditional office setting, you probably have a calendar that people use to set meetings and conference calls. Block off your pumping times, so others can't schedule a meeting with you during those times. Add in pop-up reminders, for when the day gets hectic and you lose track of time! If you're not tied to a computer during the day or you're in a different type of setting, set reminders in your smartphone.

08 Encourage quicker letdowns.

You might find that when you're pumping at work, it can take longer to experience that first let down. Bust out those adorable baby pics (we know you want to!) or a video of your baby cooing.

09 Keep a cooler at your desk.

Rather than store your breast milk and pump parts in a shared fridge and take the risk of forgetting it after a busy day, consider using a long-lasting cooler bag at your desk. Store your breast milk in the cooler bag and keep it with your breast pump bag, where you're less likely to forget it.

Pumping Tips & Tricks from Real Moms

Because no one knows their way around a hectic pumping schedule than an experienced pumping mama!



"If you need an 'in case of emergency' option, keep a manual pump around. They run much cheaper and are super helpful when you're in a pinch, not around a pump-friendly place, and just need to relieve the pain until you get somewhere better."

► **DORI Z.** | Journalist

"Take something you can heat, like a heating pad, etc., to help with quicker letdowns and possible clog ducts."

► **KRISTA G.** | Radiology, Technologist

"Buying extra pump parts really makes it easier. I made my own hands-free nursing bra out of an old sports bra. I cut two slits at the nipple area and voila...saved money too. Also, try and use your pumping time to relax. This makes my milk come easier."

► **JACKIE D.** | Security Specialist

"I would have to watch videos of the baby sleeping or of her breastfeeding to stimulate the let-down. Also, investing in a pump-specific bag is worth it! Also, use Milkies to save every drop of milk. If we got a call, I had to stop pumping even if I had just started, so milk would get everywhere and I would waste a lot of it. Milkies helped save that milk."

► **KATY M.** | Firefighter

"Get a lock on your door because 'Do Not Enter' signs do not work for whatever reason! Bring four bottles to pump in if you have to pump twice while at work and bring a cooler with an ice pack for the trip home so the milk doesn't spoil."

► **NICOLE A.** | Public Affairs Manager

"MASSAGE while pumping. I also bought a mini fridge for \$60 to keep my milk, parts, snacks, etc. separate from the community fridge (fewer accidents and worry)."

► **HEATHER H.** | Registered Dental Hygienist

"I purchased an additional pump for work. I keep the pump at work and bring my spare parts and cooler home with me. I also keep an extra hands free bra in my bag just in case I need to work while pumping."

► **BRITTANY B.** | Medical Office Patient Service Representative

"Ice packs never last for me, so I freeze a bottle of water and keep it in my pumping cooler. It melts slowly and stays mostly ice and keeps the milk cool. Also, rather than cleaning the parts, I keep a bottle of water and pour it through the shields and let it drain into the trash can in my office so I get to rinse each time without leaving my office."

► **HEATHER H.** | Portfolio Manager

"When I first returned to work, pumping took a long time...I probably needed at least 20 minutes to get a let-down. It's important to try to relax, be patient and try not to pressure yourself. Don't focus on the ounces — a watched pot never boils! Read a book, look at your baby's pictures, check Facebook. Try to shift focus away from the ounces."

► **MICHELLE C.** | VP, Production

“

Never quit on your worst day and find a support group (if you can) of other mamas that can have your back when you need it. It's a journey for sure!

— **Ali P.** | Senior Account Executive

”

"I remembered a lactation consultant once told me that you produce the most milk between the hours of midnight and 6 a.m. As much as I wanted to go back to sleep, those 30-45 minute middle-of-the-night pump sessions were so worth it, yielding 12 oz. in one pump session."

► **LIZ R.**

"Make sure to change your pump valves after 60-80 pumping sessions! So many moms think their supply is decreasing at a certain point because they're pumping less, when they really just need to change the valves or the membranes because the suction has decreased due to worn out parts."

► **SHANNON M.** | Assoc. Director, News & Internal Communications



sarahwellsbags.com



COPYRIGHT © 2018