

Back to Work Checklist

- Breast pump, plus adapter if needed. Getting a double pump would be ideal as it allows you to pump both breasts simultaneously, which saves time and helps build up your supply of milk. Extra batteries if you are using a battery-powered pump. Keep extra pump parts at the office ie. Tubing, Funnel in case you forget to bring them.
- A small cooler bag, plus ice packs/reusable ice bricks (ie. Coleman brite ice) for the cooler, if a refrigerator is not available for milk storage at work. If you forget the cooler, keep in mind that breast milk can be stored at room temperature for 4 hours at room temperature. *(At Momslittleones.com, we sell a good range of cooler bags and chillers)*
 - Enough milk storage containers for the number of pumping sessions you will need during your workday. Milk storage bags can also be used ie. Avent Disposable bags
 - An extra nursing bra, shirt, blouse or cardigan to wear in case your breast milk leaks. If you're wearing baju kurung, keep a jacket/blazer around to cover any "accidents". It is a good idea to wear patterned clothing, as milk leakage is much harder to see on patterned material.
 - Bra pads or milk collection shells to prevent leakage (keep an extra pair in your handbag/pump bag). A milk collection shell is also handy when you are using a single pump and the other breast leaks. This way you don't waste any of the precious drops!
 - "Easy access" clothing. Choose clothing that opens in the front.
 - A water bottle and some nutritious snacks ie. biscuits. Calorie needs are greater in women who are breastfeeding.
 - A "Do Not Disturb" sign to use if you are pumping in a shared space.
 - Liquid Cleanser and clean cloth to clean and dry your pump parts. A small container to soak your pump parts in hot water.

Optional

- A picture of your lil' one or an item of your baby's clothing. Thinking about your baby can stimulate the let-down reflex. You can even record your baby's cry and play it on ie. On an MP3 player
- A portable radio or a tape or CD player (plus your favorite music), an entertaining book, or a magazine. If you are relaxed, your milk will release more easily (the "let-down reflex"), and you will be able to pump your breasts better.

Other items (you may add on):

** Adapted from AAFP and edited by Momslittleones.com*

Go to www.momslittleones.com to check out a wide range of breast pumps and related breastfeeding accessories for all your needs!