

Helpful tips for pumping at work



Pumping at work probably isn’t the highlight of your day. Here’s what Maven Lactation Consultants recommend to make it easier:

Add pumping sessions to your calendar.
A simple ‘Busy’ block is fine.

Keep the mood light.
Make a playlist or try deep some breathing exercises during your sessions.

Look at photos or videos of your baby.
This helps encourage your let down reflex.

Ensure your privacy.
Use a lock or a sign to avoid interruption.

Refrigerate your pump parts.
Simply rinse them, and pop them in the fridge to save time on cleaning between sessions

Here, you’re not alone

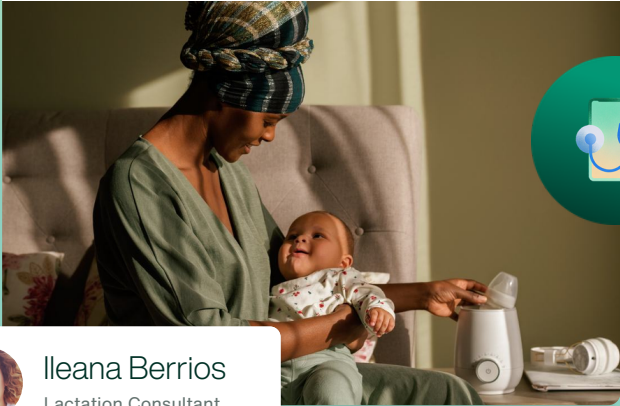
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- Unlimited video visits with top-rated lactation consultants, pediatric sleep coaches, mental health providers, career coaches, and more
- On-demand pumping and baby care classes led by experts, for free

VIRTUAL CLASS

Pumping 101

Led by a Maven Lactation Consultant





Ileana Berrios
Lactation Consultant

3:00 AM

3:25 AM

5:15 AM



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