

Your guide to pumping at work

We get it—pumping at work probably isn't the highlight of your day. But there are a few things you can do to make it a little easier.



01 Block pumping time off your calendar and try to maintain a consistent schedule

02 Get into the pumping-state-of-mind: take deep breaths, make a pumping playlist, meditate —whatever works for you

03 Look at photos or videos of your baby to encourage letdown (and to lighten the mood!)

04 Use a lock or sign to avoid interruption

05 Bring extra parts or stash them in the fridge to save cleaning time

06 Wear comfortable, pump-friendly tops and pump from both sides

