



BABY'S BEST

Beginning

Get PUMPED to Work from Home!

10 Tips for Breastfeeding & Pumping While Working from Home

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1. Even though you are not physically in the office, plan your day as if it is a normal work day. Create a work friendly space that you can focus and concentrate on what work you need to get done for the day. Consider working different off hours (i.e. early mornings, post bedtime, etc.) to be as efficient as you can with your time with as little distractions as possible.
2. If your partner is working from home too, enlist their help! Block times into your schedule to pump or breastfeed. Good communication and working together to navigate both of your work responsibilities and taking care of the baby is essential! Sit down together every night to plan the next day. Having a visible white board/calendar and a shared electronic calendar works great so you can see each other's meetings, appointments, etc. Decide what is negotiable in each other's day to support one another as partners, parents, and coworkers working from the same space. #teamwork
3. Take advantage of nap time and schedule meetings during this time if possible. Scheduling a meeting right after baby has finished eating is also a good time because baby is hopefully content and can play on the floor mat, with toys, be in a swing or bouncer, be entertained with a video, etc. You may want to take short play breaks during your day where you take a brief walk outside, sit and read or play with your baby. This helps the both of you to recharge your brains and to bond!
4. Consider feeding your baby a bottle of pumped breastmilk instead of nursing if you need to feed your baby during an interactive conference call. If there is flexibility with whether or not you need to be on video during a call, turn the video off so you can nurse your

baby or pump while participating in a call. If you must be on video and need to nurse your baby or pump, if possible, tilt the laptop screen up so coworkers can only see your face. They probably won't even know you're pumping or feeding your little one!

5. Be hands free while pumping. Invest in a good hands-free bra so you can work from your computer or phone while pumping or nursing. Be sure you are eating healthy foods and drinking enough water to stay hydrated. Organization with meal planning will make things run smoother as well.
6. Be hands free while holding the baby with a front baby carrier. Your baby may enjoy having you stand and move while you are working/typing. Some babies love to be facing outward. You can use a fanny pack to put your phone in while holding the baby while walking around during a meeting as well. Consider downloading work tools on your phone (i.e. Zoom, Google Docs, etc.) so you can do work straight from your phone, instead of having to pull out a large laptop or tablet.
7. Noise cancelling headphones are also a good option if the baby is fussy, dogs are barking, etc. It is helpful to thread the cord down your shirt or the back of your shirt so the baby can't pull on the cord.
8. During your pump breaks try pumping in a different space rather than in your work space so you can relax and turn off work for a little while. Use your senses to fill you with all the things you enjoy so your milk can flow more easily. Sensory pumping works wonders for milk supply; what things are you seeing, smelling, soft clothing, hearing, and tasting while pumping. Hand expressing after you have pumped is also a good way to see what milk is left in the breast that the pump did not get out.
9. To save time, purchase multiple sets of pump parts. Be sure to always rinse and clean your pump parts as often as you can. It is helpful to already have your milk prepared ahead of time for the baby. Remember fresh is best so use your freshest milk pumped first. Your frozen milk should be used as a backup if fresh milk is not available.
10. Forget the mom guilt with working! As moms all we can do is do our best under the circumstances. Offer yourself grace and know

this too shall pass. If you need to hire help to come into your home consider using family, hiring a babysitter, or sharing in a nanny coop.

YOU'VE GOT THIS, MAMA!