

# The Maven 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

**PS—You're doing great.**

**Are you going to be traveling for work?**

Sign up for Maven Milk breast milk shipping to send your milk home to your baby or carry it with you. It's free, plus you get 24/7 access to a dedicated Care Advocate and lactation consultants who can answer any questions.



Activate your free Maven membership to speak with lactation consultants, pediatricians, and more. Scan the QR code to get started or go to [mavenclinic.com/join/takecare](https://mavenclinic.com/join/takecare)