

Pro tips for pumping at work



Block pumping times off on your calendar



Request a lock or a sign to avoid interruption



Wear pump-friendly tops and pump both sides



Look at pics or video of your baby to encourage letdown



Bring extra parts (or put them in the fridge) to save cleaning time

Have you signed up for Maven?

Sign up for your free Maven benefits to speak with Lactation Consultants, Infant Sleep Coaches, Pediatricians, and more on-demand—plus, get free breast milk shipping!*

Visit <https://mavenclinic.comc/join/SMP> or download the Maven Clinic app.

Maven is available at no cost to employees and their partners who are pregnant or up to 6 months postpartum. Maven Milk breast milk shipping is available to any employee who is breastfeeding and traveling for work.