

Mom's Back-to-Work Checklist

Before Returning to Work

Medical Consultation

- Ensure a postpartum checkup with your healthcare provider.
- Discuss physical and emotional readiness to return to work.
- Get clearance from healthcare provider on breastfeeding and pumping, if applicable.

Breastfeeding and Pumping Preparation

- If breastfeeding, invest in a quality breast pump.
- Learn how to store and transport breast milk safely.
- Practice pumping to establish a routine.
- Stock up on storage bags, cleansing wipes, and a cooler bag.

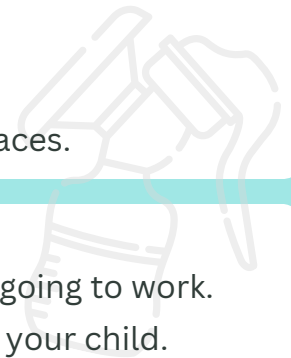


Childcare Arrangements

- Research and finalize your childcare provider.
- Have a few trial runs to acclimate your baby and yourself.
- Create an emergency contact list and share with your provider.

Open Communication with Employer

- Discuss your needs and concerns.
- Inquire about available parental or flexible benefits.
- Understand the company's policy on breastfeeding and pumping spaces.



Practice Your New Routine

- Simulate a workday by waking up, preparing, and leaving as if you're going to work.
- Test out your commuting strategy, especially if you need to drop off your child.

Mental Wellbeing

- Consider joining a support group for working mothers.
- Seek out therapy or counseling if feeling overwhelmed.
- Practice mindfulness or relaxation techniques to cope with anxiety.

Assess Your Wardrobe

- Try on your work clothes a few weeks before returning to see what fits and feels comfortable.
- Assess clothing, shoes, and undergarments for comfort, fit, ease of access if pumping, and practicality.
- See [Assessing Work Outfits](#) for a more detailed checklist.

National Maternal Mental Health Hotline
Call or text 1-833-TLC-MAMA (1-833-852-6262)

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After Returning to Work

Workspace Preparation

- Ensure a private and clean space for pumping, if applicable.
- Keep essentials at work like spare pump parts, a picture of your baby (to stimulate letdown), and snacks.

Stay Organized

- Use a planner or app to track important tasks and feeding times.
- Set reminders for breaks and pumping sessions.

Stay Connected

- Check in with your childcare provider regularly.
- If possible, use technology to see your baby during breaks (e.g., video calls).

Advocate for Yourself

- Communicate your needs clearly with your supervisor and colleagues.
- Seek out a work-life balance that aligns with your new role as a parent.

Maintain Health

- Keep hydrated and eat nutritious meals.
- Ensure you get regular physical activity, even if it's a short walk.

Establish Boundaries

- Decide on a time to stop checking work emails at home.
- Schedule regular "me time" to relax and recharge.

Social Connections

- Stay connected with colleagues and peers. They can offer emotional support and understanding.
- Attend workplace wellness programs or sessions if available.

Emotional Wellbeing

- Recognize signs of postpartum depression or anxiety.
- Continually assess your feelings about work and adjust accordingly.
- Reach out for help if feeling overwhelmed.

Review and Adjust:

- Regularly evaluate your routine and make necessary changes.
- Continuously communicate with your partner or support system about any challenges.

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