

Mom's Back-to-Work Checklist

Assessing Work Outfits

Comfort and Fit

- Your body might have changed postpartum, so try on your work clothes a few weeks before returning to see what fits and feels comfortable.
- Consider investing in a few staple items that fit your current body shape.

Ease of Access for Pumping

- If you're breastfeeding, opt for tops that offer easy access for pumping, such as button-down shirts or tops with zippers.
- Wrap dresses or blouses can be both stylish and practical for this purpose.

Fabric Choices

- Choose fabrics that are breathable, especially if you're dealing with postpartum sweating.
- Darker colors or patterns might help camouflage any unexpected milk leaks until you can change or address the issue.

Layering

- Wearing layers can help regulate body temperature changes which are common postpartum.
- A cardigan, blazer, or scarf can be handy if you need to cover up in a hurry (for example, in case of a milk spill).

Supportive Undergarments

- Invest in supportive bras, especially if you're breastfeeding. Your breast size may change during the day as you pump or nurse.
- Consider seamless panties or ones designed for postpartum bodies, which can provide support and comfort, especially if you had a C-section.

Functional Accessories

- Wear a watch or use a timer to keep track of pumping sessions.
- A stylish tote bag that can double up as a pump bag is handy. It reduces the number of bags you need to carry and can help you feel more put-together.

Footwear

- Your feet might have changed during pregnancy. It's not uncommon to experience a change in foot size or width.
- Opt for comfortable and supportive shoes, especially if you're on your feet a lot. This might mean avoiding heels for a while or choosing a lower and wider heel.

Boosting Confidence

- Your first few days back might be an adjustment. Wear outfits that make you feel confident and good about yourself.
- Consider getting a haircut or indulging in a spa day before your return, so you feel refreshed and rejuvenated.

Practicality

- Opt for clothes that are easy to clean and maintain. The less time you need to spend on laundry or special care, the better.

Flexibility for Body Changes

- Your body might still be adjusting for several months postpartum. Choose pieces that have a bit of stretch or are adjustable to cater to these changes.

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