

# Making It **WORK** For Moms

## My Daily Work Checklist

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### Post on refrigerator

#### The Night Before:

- Pack baby's diaper bag with diapers, 2-3 outfits or body suits, favorite toys, and bottles/nipples, cups, or spoons for feeding expressed breast milk. (Ask a family member to help!)
- Set out clothes I will wear to work the next day.
- Clean breast pump parts (ask partner to help), and set pump and cooler by the door.
- Pack extra nursing pads.
- Prepare my lunch with healthy snacks.

#### Before I Leave for Work:

- Nurse baby before leaving for work.
- Leave baby in pajamas to save time.
- Take to childcare: diaper bag and cooler bag with expressed breast milk.
- Take to work: lunch, breast pump, clean containers for breast milk, and cooler bag.

