

Your guide to pumping at work: Brought to you by Maven

We get it—pumping at work probably isn't the highlight of your day. But here are a few things you can do to make this time a bit easier while you're away from your little one.



Block pumping time off your calendar and try to maintain a consistent schedule



Get into the pumping state-of-mind: take deep breaths, make a pumping playlist, meditate—whatever works for you



Look at photos or videos of your baby to encourage letdown (and to lighten the mood!)



Use a lock or a sign to avoid interruption



Bring extra pump parts or stash them in the fridge between sessions to save cleaning time



And in case no one's told you today, you're doing great. Keep it up.

Have questions about breastfeeding or pumping?

Maven Clinic offers free 24/7 support through virtual visits and messaging with providers like lactation consultants, infant sleep coaches, and mental health specialists. Plus, get access to on-demand classes like Breastfeeding 101.



Visit mavenclinic.com/join/getstarted or download the Maven Clinic app to access support now—no copays or in-app costs (yes, seriously!).

Join Maven for free!

