## XX MAVEN ZOLL

## 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



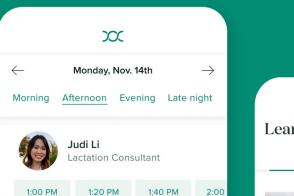
Bring extra pump parts or stash them in the fridge between sessions to save cleaning time



## 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



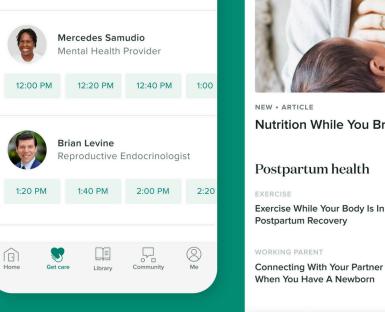
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virtual visits and messaging with providers like lactation consultants, infant sleep coaches, and mental health specialists. Plus, get access to on-demand classes like Breastfeeding 101.



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!





**Connecting With Your Partner** When You Have A Newborn



