

# WORK. PUMP. REPEAT.

Media contact: Ianthe Zabel, 202-365-5008, [ianthezabel@gmail.com](mailto:ianthezabel@gmail.com).

## **Top Hacks and Tips for Going Back to Work with a Breast Pump in Tow**

*August is National Breastfeeding Awareness Month*

DALLAS, TEXAS, July 27, 2015 – As families begin the annual ritual of preparing for “back to school,” similarly, every year, more than a million American moms are preparing for “breastfeeding and back to work” after maternity leave. It’s a hot topic, as evidenced by recent news that IBM will pay to ship business-tripping mothers’ milk home to their babies; the [Fortune article](#) on Big Blue’s new policy got more than 20,000 social media shares in its first week.

To celebrate [National Breastfeeding Awareness Month](#) in August, “*Work. Pump. Repeat: The New Mom’s Survival Guide to Breastfeeding and Going Back to Work*” author Jessica Shortall is sharing tips from her [new book](#) on how to transition back to work while breastfeeding, from awkward conversations with your boss to how to plan for a [breast-pump-included business trip](#).

### **Pumping Hacks and Tips for Moms**

Shortall offers women common-sense working and pumping hacks, including:

1. How to write and pitch your boss on a pumping plan while still on maternity leave: Solve as many problems as possible, and go heavy on the “I can be totally productive!” tone.
2. How to get your pump and milk through airport security: Print [the TSA page](#) on what’s allowed; pack the parts in Ziploc bags so they don’t come into contact with Transportation Security Administration agents’ hands.
3. What to do when you inevitably forget an essential part of your pumping gear: Cut a pantyliner in half if you forget those leak-guard breast pads; sterilize a coffee cup in the microwave if you forget a bottle.

“Doing the triple-threat job of working, mothering, and breastfeeding is stressful, awkward, and confusing,” says Shortall. “And it’s no longer a niche activity: it’s the reality for more than a million American women every year. Whether a police officer pumping at a crime scene, a waitress using the restaurant bathroom, or an office worker pumping in a storage closet, women need practical solutions and hacks, not judgment or guilt.”

### **About Jessica Shortall**

[Shortall](#), a working mom to two young children, draws on her experiences traveling and pumping around the world and the wisdom, humor, and war stories of hundreds of working mothers,

Human Resources executives, and lactation consultants. She is an accomplished [public speaker](#), available for print and broadcast interviews.

## Breastfeeding and Going Back to Work

# ★ ★ Top 6 ★ ★

## Pump-at-Work

### H A C K S



Pumping breastmilk at work is hard, awkward, and weird. Luckily, working moms are amazing, and their hacks will make this strange job a little easier.



Use clean coffee cups to replace forgotten pump bottles



Forgot your breast pads? Cut a pantyliner in half



Fill empty breastmilk storage bags with ice for instant cool packs



Your pump's horns make great funnels for pouring milk from bottles to bags



Pumping on a toilet? Put a Post-It over the auto flush sensor



Don't wash pump parts between sessions - throw them in a Ziploc in the fridge