

# The Maven guide to pumping at work

We get it—pumping at work probably isn't the highlight of your day. But there are a few things you can do to make it a little easier.



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

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

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

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- 04** Use a lock or sign to avoid interruption

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- 05** Bring extra parts or stash them in the fridge to save cleaning time

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- 06** Wear comfortable, pump-friendly tops and pump from both sides

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**PS—You're doing great.**

**By the way, have you signed up for Maven yet?**

Activate your free membership to speak with lactation consultants, infant sleep coaches, pediatricians, and more—anytime, anywhere.

All full-time and part-time Corning U.S. employees are eligible for the Maven family support benefits.



Scan the QR code to get started or go to [mavenclinic.com/join/corning3](https://mavenclinic.com/join/corning3)