Tips for Teachers Who Pump at Work
1. **Making the most of your break times**
   - Get kids ready and lined up so they can go out as soon as recess starts.
   - See if other staff will be willing to walk students to lunch/recess.

2. **Asking others to help you**
   - Choose people who you think will be supportive.
   - Another teacher could pick up your mail for you.
   - Try to get duty shifts covered and offer to do the same in the future (especially to an expecting mom).

3. **Finding a private place to pump**
   - Request a window/door covering for greater privacy if pumping in your classroom.
   - Put a Do Not Disturb sign on the door.
   - Sit against the door so people can’t walk in on you.
   - If pumping in your classroom is not an option, ask administrators to identify another appropriate location such as a nurse’s office or empty supply closet.

4. **Explaining what you are doing to your students**
   - Use a science unit on animals to explain how mammals feed their babies.

5. **Staying connected with coworkers**
   - Ask a friend/coworker to explain to others why you weren’t in the break room.
   - If you feel comfortable have a friend/coworker sit with you during pumping breaks.

6. **Storing your milk**
   - Invest in a mini-fridge or small cooler.
   - Keep a lunch bag in the staff refrigerator.

7. **Relaxing so milk will flow**
   - Have your computer set up with a favorite show or slideshow of your baby.
   - Keep a small radio with relaxing music playing.

8. **Time management/Staying productive**
   - Eat lunch while pumping.
   - Grade papers/write lesson plans (this will all be easier once you get the hang of pumping).
   - Pump while students are in the library or during PE if possible.

9. **Staying positive**
   - It will get easier once you have a routine.
   - Nursing will only last a relatively short time.
   - Remember you are doing this for your baby!
   - Be prepared if things don’t go according to plan (welcome to motherhood).

10. **Keeping your administration informed**
    - Ask for information about your school’s lactation accommodation policies before you go on FMLA
    - Before returning from maternity leave talk with your principal let them know your intentions.
    - Make sure they know pumping is a priority.

11. **Pumping tips**
    - Stock your freezer before returning to work (even if you only pump once a day, it will be helpful).
    - Keep spare pump parts and bottles at work.
    - Keep a soothing gel or cream at your desk in case you have any pain after pumping.
    - Drink plenty of water.