

Work & On-the-Go

SAMPLE PUMP SCHEDULE

WAKE UP	Nurse baby or pump
PLACE OF CAREGIVER	Nurse baby or pump before leaving home
MID MORNING	Pump
LUNCH BREAK	Pump (or nurse baby if possible)
MID AFTERNOON	Pump
	Pump Nurse baby or pump before leaving for home
AFTERNOON PLACE OF	Nurse baby or pump before leaving for

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