



# RETURNING TO WORK FROM MATERNITY LEAVE TIPS

WHEN PACKING YOUR BACK TO WORK BAG, INCLUDE THESE HELPFUL ITEMS:

- HAND SANITIZER
- PUMP, MILK STORAGE (YOU CAN USE MASON JARS OR DISPOSABLE MILK STORAGE BAGS)
- PUMP STEAMER BAGS AND WIPES  
COOLER AND WET BAG
- PUMPING BRA
- CHANGE OF CLOTHES-SPILLS WILL HAPPEN!
- PICTURE OF BABY
- WATER BOTTLE+SNACKS



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## FIND COMFY BUT CLASSY WORK CLOTHES

- MOM BOD IS REAL AND SHOULD BE CELEBRATED- YOU GREW A BABY WITH YOUR BODY, AND THAT IS SOMETHING TO BE PROUD OF! YOUR BODY WILL NEVER BE QUITE THE SAME, SO OPT FOR COMFY BUT STYLISH CLOTHES WHEN REENTERING THE WORKFORCE.
- TAKE YOURSELF ON A SPECIAL SHOPPING TRIP, COMPLETE WITH A STOP THROUGH YOUR FAVORITE COFFEE SHOP! NEW CLOTHES AND A TREAT CAN ENERGIZE YOU AND GET YOU READY FOR WORK MODE.
- OR, IF YOU DON'T FEEL LIKE AN OUTING, AMAZON AND OLD NAVY HAVE LOOSE, STYLISH CLOTHES THAT CAN BE PURCHASED FROM HOME. DRINK A CUP OF SOMETHING YOU ENJOY WHILE YOU SHOP IN THE COMFORT OF YOUR OWN HOME!
- SPEAKING OF CLOTHES...HAVE A SPARE BLOUSE IN YOUR BAG JUST IN CASE OF LEAKS!