

# 4 BREAST PUMPING ACCESSORIES EVERY MOM SHOULD HAVE

Planning to start pumping when you head back to work or school? Breast pumping can be a bit of a challenge, but with the right accessories, you can make it work! Here are all the breast pumping essentials...

## 1. Replacement Parts

TO CONTINUE GETTING GOOD SUCTION FROM YOUR PUMP, REPLACE VALVES ONCE A MONTH, TUBING EVERY 3-6 MONTHS OR WHENEVER YOU SEE MOISTURE OR MOLD, AND BACKFLOW PROTECTORS AND EVERY 3-6 MONTHS. AND GET EXTRAS IN CASE THEY BREAK!



## 2. Hands-Free Pumping Bra

WHO HAS TIME TO SIT STILL WHILE PUMPING? HANDS-FREE PUMPING BRAS LET YOU TALK ON THE PHONE, CHECK YOUR EMAIL OR ATTEND TO YOUR BABY WHILE YOU PUMP. THEY ALSO ENSURE THE BREAST SHIELDS ARE IN THE PROPER ALIGNMENT WITH THE NIPPLE, WHICH ALLOWS FOR PROPER PUMPING TECHNIQUE.



## 3. Breast Milk Storage Bags

BREAST MILK STORAGE BAGS SAVE MORE SPACE THAN BOTTLES IN THE FRIDGE OR FREEZER BECAUSE YOU CAN STAND THEM UP OR LAY THEM FLAT.



## 4. Cooler

WHETHER YOU WILL BE TRANSPORTING MILK TO AND FROM WORK OR BRINGING BOTTLES WITH YOU ON THE GO, HAVING A DESIGNATED COOLER IS IMPORTANT.

