

# How to Choose the Best Breast Pump

Not sure which breast pump is the best for you? Ask yourself these questions to narrow it down.

1.

Will you have a room to pump with an outlet?

If not, consider a pump that has rechargeable batteries or can be charged in your car or can operate without a cord.

If not, consider a pump that comes with a carrying case, so you can discretely carry it to the lactation room.

2.

Do you have your own office at work?

If you are taking your baby to daycare on the way to work or going on public transportation, try to get a pump that's as lightweight as possible.

3.

Do you have a lot to carry in the mornings?

If you plan to pump often or to pump exclusively, consider a pump with a 2-year manufacturer's warranty.

4.

Do you plan to pump exclusively?

5.

Will you be on a lot of work calls?

If so, you'll probably want a pump that's ultra quiet, so no one will know you're pumping while you're on the phone.