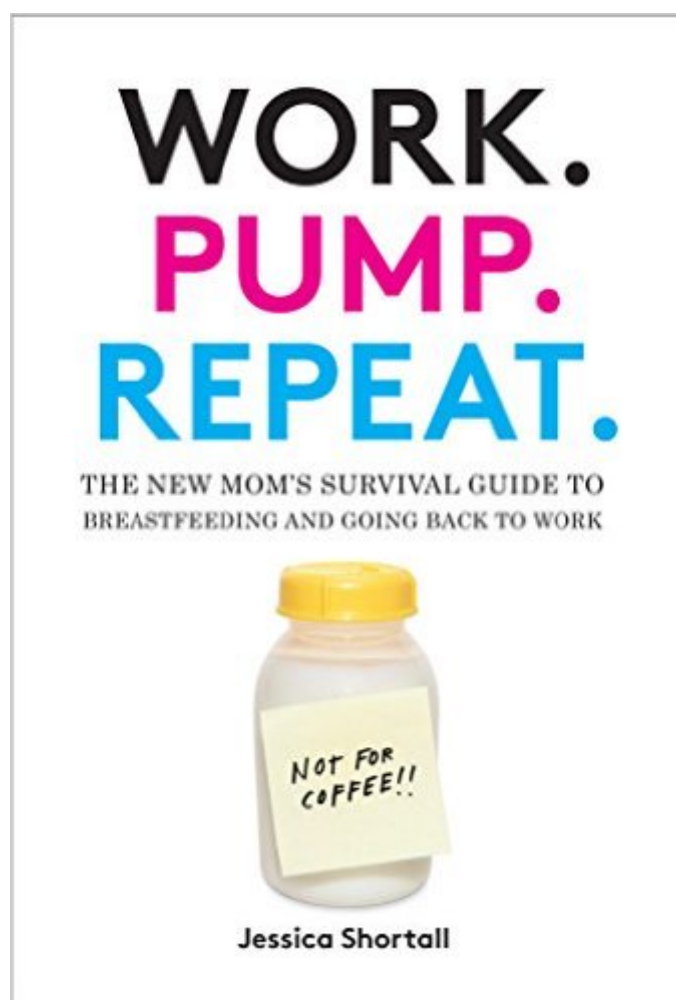


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# Work. Pump. Repeat.: The New Mom's Survival Guide To Breastfeeding And Going Back To Work



## Synopsis

The practical, relatable, and humorous guide to surviving the difficult, awkward, and rewarding job of being a breastfeeding, working mom.

Meet the frenemy of every working, breastfeeding mother: the breast pump. Many women are beyond "breast is best" and on to figuring out how to make milk while returning to demanding jobs. *Work. Pump. Repeat.* is the first book to give women what they need to know beyond the noise of the "Mommy Wars" and judgment on breastfeeding choices. Jessica Shortall shares the nitty-gritty basics of surviving the working world as a breastfeeding mom, offering a road map for negotiating the pumping schedule with colleagues, navigating business travel, and problem-solving when forced to pump in less-than-desirable locales. Drawing on the war stories, hacks, and humor of working moms, and on her own stories from her demanding job and travel in developing countries, she gives women moral support for dealing with the stress and guilt that come with juggling working and breastfeeding. As she tells the reader in her witty, inspiring manifesto, "Your worth as a mother is not measured in ounces."

2015 Axiom Business Book Award Winner (Silver) in the category of Women/Minorities

## Book Information

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## Customer Reviews

I didn't get my boobs, er hands, on this book until I was already back and pumping, but it's my new go to shower gift for moms! Shortall found a real gap in the breastfeeding mother's

resources and filled it with down-to-earth advice and anecdotes of real moms out there getting it done. I felt in solidarity with all the ladies leaning in with breast flanges attached.

Everywhere I turned had the same general advice: build up a stash of frozen milk before returning to work, then pump while you're there to make up the missed feedings. However, there were never any specifics beyond ~100-200 ounces of stored milk (which is a huge range, by the way!). This book tells you how to make it happen, and how to keep it working. I wish I had gotten this and read it earlier than the week before I returned to work. My first day back was chaotic and stressful, but it would have been even worse if I hadn't read this first. It gave me the confidence to pump wherever and be prepared for it. It also made the very real confession that most working moms end up using at least some formula, which is relaxing some of my self-imposed pressure to match every ounce she drinks while also trying to build a freezer stash. One thing I still haven't seen addressed anywhere is what to do if you and your baby are fighting a thrush yeast infection. We have been trying to kill the stubborn little buggers from the very beginning and I was told not to freeze any milk for future use, since it would just re-introduce the yeast infection. Well, I'm back at work now, so there is no way to keep feeding breast milk unless I build up at least a little stash. The author's suggestion of feeding a few ounces of formula so you can freeze a meal's milk was helpful for this. Another possibility for a future chapter addition would be what to do if you can't pump as often at work as you would normally breastfeed. I get 3 30-minute sessions at my office's Mother's Room to harvest for 5 missed feedings. I don't always hit my quota in that limited time, and have to add a pumping session at night after she goes to bed, or pump extra on the weekend. Some ideas for how to manage this without creating an oversupply problem would be nice.

Jessica gives a hilarious point of view in the world of pumping as a working mom. I am blessed to have a very supportive employer that meets my breast pumping needs, but I took note of her tips and stories for when I found myself pumping in rather public and/or strange places. Her checklists are detailed and instructions are clear. Her recommendations actually helped me update my employer's breast pumping policies and give input on the newly built lactation room. I was glad she called out the pump as your new frenemy. I thought she was making it up while I was reading this guide on maternity leave. Now that I'm working and pumping I now understand her wisdom. Jessica is right. You both hate and love that mechanical baby. My favorite part of this guide is Jessica gives you confidence in your breastfeeding and pumping decisions. She gives you all of the options and leaves you to decide what's best for you and the baby. This is completely opposite of other pumping

guides which seem to force down your throat that their way is the only way.

I love this book! So many great tips for the breast feeding mom going back to work. I wish this was around when I had my first! A must read for any mom going back to work and planning on pumping. A hilarious and easy, yet super informative read!

As a first time mom embarking on the journey of pumping at work, I was filled with anxiety. This book really put my mind at ease and gave me the confident boost I needed. Well written and easy to read... The real talk and humor made me feel like the author really knew what I was going through and I could connect to her.

I found this book helpful for returning to work. I was feeling overwhelmed with figuring out what I need to take to work and have ready, plus where to pump when not in my office. This book had some great tips. And I really appreciate her non-judgmental, "you do what works for you" approach. Us mama's need more of that.

Funny and informative. I work from home so a lot did not apply to me, such as the several chapters on how to make it work with your employees. But I enjoyed it and gave me some good info on pumping that other books don't have.

This book is a no-nonsense guide unlike any other breastfeeding book I could find. I was looking for something straightforward and organized that I could easily flip back to mid-pump. Before discovering this book, general breastfeeding guides didn't quite answer the questions I was looking for as a mom who will be back to work soon after the baby is born. Where would I find a place to nurse at work? How do I approach this with my boss? What if I have to be away for travel? I wanted information tailored to working moms like me, and this was the book! Jessica has a way of presenting the information in a relatable, fun way. It was a quick read, and I have a notebook full of tips and tricks. Jessica is a lifesaver! This is definitely a book to keep on the shelf and reread when it's time to prepare for baby #2. If you're a mom hoping to continue to breastfeed (almost) stress-free when you return to work, don't miss this read.

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