



Back-to-Work CHECKLIST

A FEW WEEKS BEFORE RETURNING TO WORK

- Make a list of what you and your babies will need
- Take a look at the daycare rules and suggestions for what to pack for your little ones, and don't forget the tips on how to label everything!
- If you have a nanny, begin making a schedule for them to follow. Include a section where you can share any important details about your babies.
- If you breastfeed or pump, start building a small supply
- If your babies don't take bottles, now's the time to start!
- Start getting adjusted to a new morning routine and wake-up time

THE WEEK BEFORE YOU RETURN TO WORK:

- Do a practice run with your daycare or sitter
- Print some of your favorite photos of your little ones to display on your desk
- Make a backup plan with your partner for instances when your babies are unwell or if daycare is closed.

MOM GUILT:

When it comes to mom guilt, there's no need to feel guilty if you're anticipating returning to work. It's completely normal and healthy to take satisfaction in the work you do outside of the house as well!

My Notes:



Back-to-Work CHECKLIST

THE NIGHT BEFORE YOU RETURN TO WORK:

- Get everything ready the night before to ensure a smooth and hassle-free morning
- Create a checklist of things to remember before you leave the house
- Pack an additional shirt and breast pads in your bag for those inevitable moments of leaks or spilled milk.

THE FIRST WEEK BACK AT WORK:

- Talk to your employer about flexibility in your schedule
- Request pictures of your little one from the caregiver throughout the day; you'll cherish glimpses of their adorable faces.
- Reach out to friends and family for help with dinners, allowing you to maximize your time with your sweet babies once you're home from work.

FOR PUMPING LADIES:

Talk with your employer to determine the location and schedule for your pumping breaks.

Mama, while being away from your babies is tough, it often gets easier over time. If you're still unhappy, talk to your boss about potential schedules or work changes for a better work/life balance.

My Notes:
