



Checklist #2 - Trial Run 1 Week Before your return to work By Lori J Isenstadt, IBCLC

A week before you return to work, do a trial run. If you will be bringing your baby to daycare, it is a wise decision to plan on making this part of your trial run. Make a list of all that you will need to bring with you. Next step is to decide what bags you will need to bring with you for the baby and daycare. Take everything out and put it on a table.

This includes your pump bag, personal bag, lunch bag, etc. Don't leave anything out and assume you will figure it out later. Now is a good time to figure it all out during this trial run. If you will be bringing your baby to daycare, it is a wise decision to plan on making this part of your trial run. Pack all your bags, bring your baby to daycare. Let your baby stay there for 1-2 hours while you run an errand and then make your trip back. Going through the process will let you know if there is anything you forgot.

Put all the items into the bags that makes the most sense and then see if there is anyway you can consolidate the items. If your pump bag has a built in cooler or space for one, this can save you room. Think about this as you decide which pump/bag to purchase. What bags will you bring with you to work? What bag will you leave in the car (extra clothes for you and baby, manual pump, extra pump parts)

TIP: Is there 1 item that you can't leave the house without? Do you need keys to lock your door? A garage door opener/closer? Keys to your car? What can you put all your items with, so that you don't forget them in the morning. When I have to remember to take important items in the morning, I do 2 things - set an alarm on my phone for the time that I leave & this serves as a reminder to take the items. I also stack the items on the counter with my keys. Double assurance that I won't leave home without the important items.