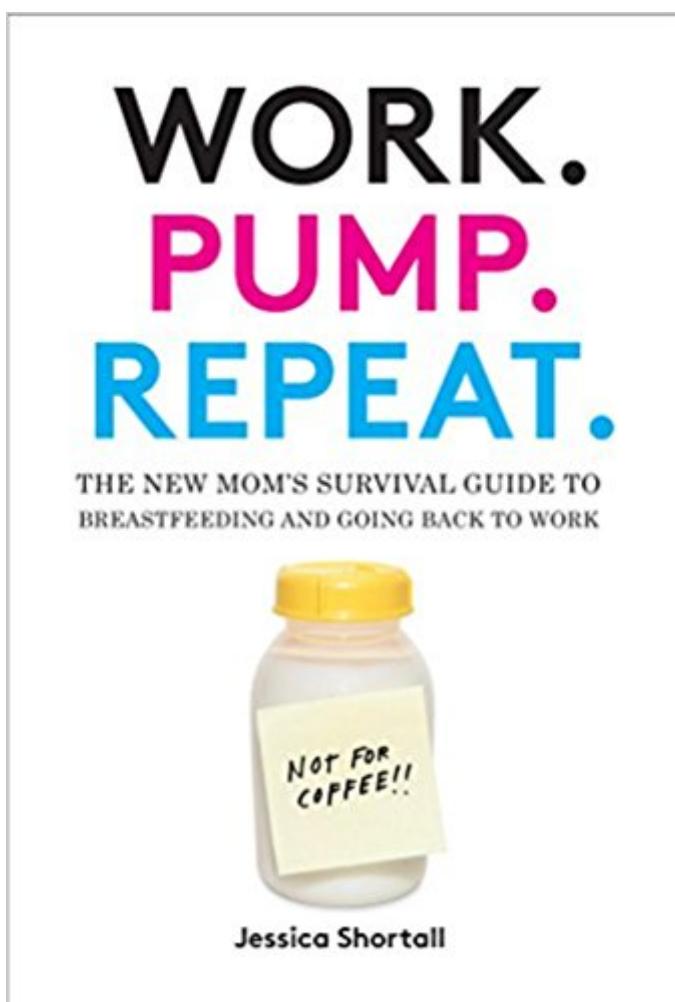


The book was found

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 âœbreast is bestâ • 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 âœMommy Warsâ • 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, âœYour worth as a mother is not measured in ounces.â •

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

Book Information

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Customer Reviews

âœDebut author Shortall strikes the perfect note . . . and takes a casual, keeping-it-real tone toward everything from âœporn-star boobsâ™ to pumping during conference calls. . . . Itâ™s the kind of

information an intimate, chatty friend whoâ™s done it all could share in a few lunchtimes and a session on the couchâ "did you know you can sterilize coffee cups in the microwave and pump milk into them?â "except that not every mom has those kinds of friends. Having such helpful tips and tricks in print will be a godsend to the back-to-work mom who doesnâ™t have time for everything to go any less than smoothly.â • (Publishers Weekly (starred review))Work. Pump. Repeat. is an incredible resource for breastfeeding moms going back to work. But this is also a must read for anyone working or living with a pumping mom, even the guys. Jessica's spirit comes through, irresistibly fun and honest you can't help but laugh and be humbled at the same time. Little did I know that Jessica would be unearthing some of life's most valuable lessons for women, managers and employers while she was pumping in cars during our infamous Nepal trip. (Blake Mycoskie, Founder & Chief Shoe Giver, TOMS)"Work. Pump. Repeat. is an incredible resource for breastfeeding moms going back to work. But this is also a must read for anyone working or living with a pumping mom, even the guys. Jessica's spirit comes through, irresistibly fun and honest you can't help but laugh and be humbled at the same time. Little did I know that Jessica would be unearthing some of life's most valuable lessons for women, managers and employers while she was pumping in cars during our infamous Nepal trip." (Blake Mycoskie, Founder & Chief Shoe Giver, TOMS)â œWhen you read Jessica Shortallâ™s book, you feel as if your wicked smart and big-hearted friend sat you down to give you the good, the bad and the (often hilarious) reality about pumping at work. Finally a comprehensive book on pumping at work I feel confident about recommending to my clients!â • (Elaine McGhee, founder, www.ThriveMomma.com)â œShortall manages to be both hilarious and informative in the non-condescending manner that can only come from someone who has truly been there . . . the result is a holy grail of information. I described the book to a friend as 'postpartum-pee-inducing funny.'â™ It is a book I not only want to buy for my soon-to-be-working-mom friends, but also for all of my coworkers so that they can just finally understand.â • (Liberating Working Moms)â œAs IBCLCs, we understand the theory behind pumping and the production of breast milk. However, no one can understand the practicalities and the emotional cost better than a mom who has done it! Jessica Shortallâ™s book has hit on an area of need. Based on her own experience, she delivers practical how-tos that other books are missing.â • (Cindy Leclerc, RN IBCLC and Jana Stockham, RN IBCLC, co-creators of NuuNest)â œI read Work. Pump. Repeat. both as a mother who breastfed and worked, and as an IBCLC. The information in this book is spot-on [regarding] the science behind lactation, written so that stressed working moms will understand it with no jargon to wade through. Ms. Shortall tells it like it is and doesnâ™t sugarcoat the realities of breastfeeding and working. She reminds us that breastfeeding

isn't all or nothing and some breastmilk is better than none. Bravo! • (Robyn Roche-Paull, BSN, RN, IBCLC, author of *Breastfeeding in Combat Boots*) A must-read for any mom who plans to pump at work. Jessica Shortall provides a thorough, practical, and relatable guide to the many challenges and rewards of being a pumping mom. She nimbly avoids controversy and judgment and presents all the things a working mom needs to know, even the things she didn't know she needed to know. • (JJ Keith, author of *Motherhood Smotherhood*) A solid advice guide that should be on the shelves of any woman who enjoys a career and who wants to return to it while continuing to nurture her child: a guide very highly recommended for its exceptional focus and well-rounded discussion of the realities of the venture. • (D. Donovan, senior e-book reviewer, *Midwest Book Review*) I've read a sneak preview edition, and it is Very Very Good "the author describes it as a 'judgment-free zone,' and she's not kidding. And it's absolutely stuffed with practical, detailed advice." • (*Breastfeeding Without BS*)

Jessica Shortall is a mother of two with a career dedicated to business and doing good. During her breast pump years, Jessica was the director of giving for TOMS Shoes. She holds an MBA from Oxford University.

This book helped me a lot to plan my return to work after my 3 month maternity leave. I recommend it to any mom planning to keep breastfeeding her baby while going back to work, it provides not only relevant tools and tips but also it has a strong supportive tone of voice that help you to fight against internal and external pressures. I'm still on maternity leave but I'll update this post as soon as I'm back applying everything I've learned from it!

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.

As a first time mom planning to go back to work this book was not only informative but it was funny, easy to read and will remain a wonderful resources as I move out of pregnancy and into nursing, pumping and working. Practical and applicable tips and information for how to navigate this phase of life as well as encouraging stories and examples from professional women, in all industries, who have been there and done that. I highly recommend this book for any mom planning to return to the

workplace or any mom planning to pump at all.

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.

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.

Great resource as I prepared to return to work after my first born.

I read some really good reviews on this book so decided to pickup a copy for myself. I enjoyed reading it and found it very beneficial for first time moms. Since I'm pumping at work with #2 I already knew some of this, but it's nice to know others are in the same situation. I shared the book with a pregnant coworker, hopefully she'll get good use out of it!

Excellent humorous book with lots of practical advice

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