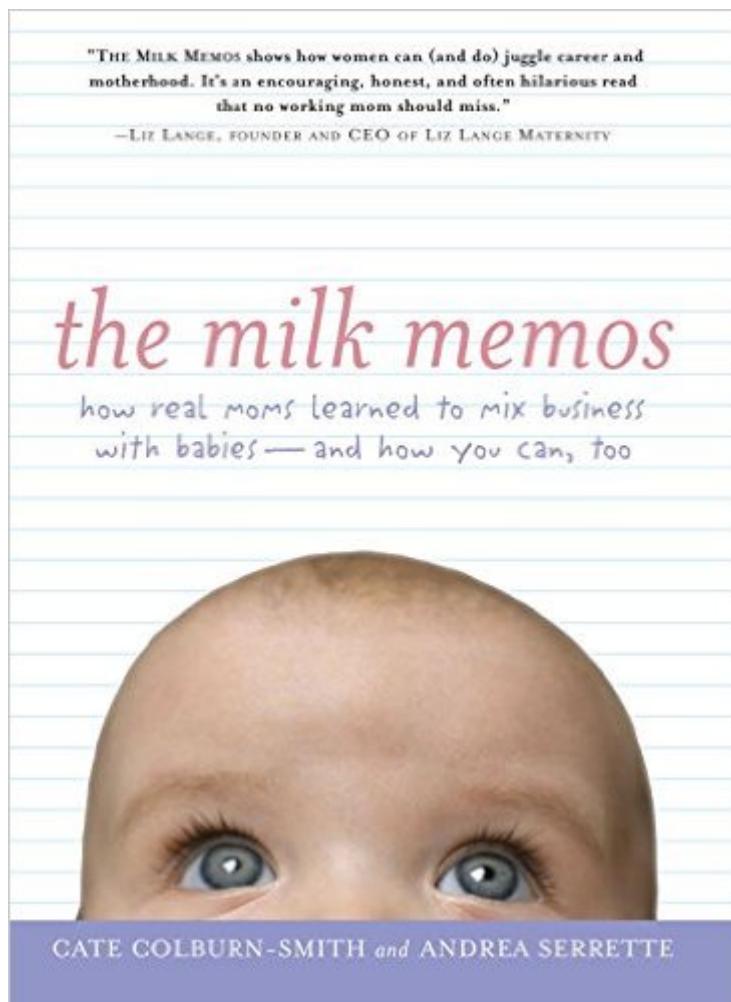


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# The Milk Memos: How Real Moms Learned To Mix Business With Babies—and How You Can, Too



## Synopsis

This one-of-a-kind guide to balancing motherhood and work is based on actual journals kept by a group of IBM women during their visits to the company's employee lactation room. It all began when IBM manager Cate Colburn-Smith sat down in the company's employee lactation room, shed a few silent tears, and wrote the following on a paper towel: I'm a new mom and today is my first day back at work. Is anyone else using this room? Right away women responded, and the paper towel was eventually replaced by a series of notebooks, in which women offered one another advice and support on juggling work and a newborn. Based on the original notebooks, *The Milk Memos* is a heartwarming, encouraging (and often hilarious!) guide to working motherhood. It's one of the most existential moments any woman will face: sitting in a small room tucked away in the bowels of your company, pumping breast milk for a child so close to your heart-yet, at that moment, so far away. *The Milk Memos* records the voices of mothers who, while struggling with the difficulties of blending their two lives, prove that women don't have to choose between work and family. Their thoughts on how it can be done will inspire women everywhere. This invaluable book weaves the actual *Milk Memos* journal entries with information-packed sections on such topics of great concern to working moms as: - finding a private place to pump breast milk at work and establishing a routine that you can maintain despite your busy workday; - establishing the right daycare solution; - getting a decent night's sleep with a new baby so that you can shine (or at least glimmer!) during business hours; and - negotiating flextime, part-time, or a job share with an employer. The ultimate gift for any new mom who will soon return to work, *The Milk Memos* is destined to become a classic on the parenting shelf.

## Book Information

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## Customer Reviews

This book is a "must have" for any nursing mommas going back to work and hoping to continue the breastfeeding relationship. I wish I had had this book when my first daughter was born and I went back to work. I felt so alone in my extremely challenging endeavor of pumping and working. If I had had this book, I would have felt supported, vindicated, inspired, and most of all, would have had the collective wisdom of other women who've learned how to make it work. I now plan to buy this book for all my friends who are having babies and planning to continue their careers out of the home. I would also recommend *Working Without Weaning* but if you're only going to buy one book, this one will tell you most everything you need and it's so darn affordable! It's also well written and backed up by research. Hurray for a couple of super-moms who managed to pump AND work AND somehow find time to write a book! Most books are written by stay-at-home moms who could never understand the pump/work dynamic. (No offense to them but even my local LLL leader couldn't help me because she has never experienced working out of the home 40 hrs/wk, away from her baby, dealing with pumping and storing milk and all the rest.) This book covers everything from starting the breastfeeding relationship on the right foot, introducing bottles, buying the right pump, negotiating time/space with your employer, sleep-deprivation, anxiety about being separated from your baby, the challenge of juggling career and family priorities, the challenge of being perceived as "less productive" at work now that you're juggling everything else. It has a nice balance of informative narrative from the authors, interspersed between the journal entries of the "Milk Mamas" group sharing the lactation room at IBM.

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