



# Lactation support with Maven

For many mothers, breastfeeding isn't just about providing nutrition to their new baby, it is also about developing a special bond with their child. However, according to the CDC [60% of mothers do not breastfeed for as long as they intend to](#).

## How does Maven support breastfeeding?

There is no wrong way to feed your baby—whether you choose formula-feeding, breastfeeding, or a combination. But we recognize there are many challenges that come with breastfeeding and want you to know Maven is here to help.

*“Being away from my baby is hard enough, but having Maven Milk has helped me feel less guilty. I’m able to provide her with my breastmilk and not worry about building up a freezer stash prior to my work trips.”*

MAVEN MEMBER

## Lactation consultants



We provide on-demand and unlimited appointments with lactation consultants who can help you reach your breastfeeding goal through:

- Education and preparation while you are pregnant
- Observing your latch technique and provide real-time guidance
- Developing a return-to-work plan with tips on how to successfully pump at work and talk to your manager and colleagues about your pumping schedule needs
- Supporting any upcoming work travel with information on how to use our Maven Milk breast milk travel kits
- Taking the guesswork out of breastfeeding by answering all of your questions and addressing any concerns you may have about your baby's weight gain, your diet while breastfeeding, what medications are safe to take while breastfeeding, preparing to go back to work, and more.

## Maven Milk



Maven provides a free breast milk shipping service when traveling for work. Maven Milk is available up until your child's second birthday. Your designated Care Advocate can help you choose the best kit and plan for your upcoming travel:

### **Pump + Post Kit:** *Travel anywhere in the U.S.*

Overnight shipping of up to 36 oz of breastmilk in our medical-grade refrigerated shipping container

### **Pump + Carry Kit:** *For short domestic trips*

TSA-friendly tote with foam ice packs to bring breast milk home on short domestic flights or from a day trip, and is yours to keep

### **Pump + Check Kit:** *For international or longer domestic trips*

A Coleman cooler that can be checked with your luggage, packs up to 270 oz of milk, will keep your milk frozen for 24 hours, and is yours to keep

## Additional Resources



And remember, through Maven you also have access to a designated Care Advocate, a library of content, provider-led classes like breastfeeding 101, a supportive community of parents going through similar experiences, and more.



Maven is a free benefit offered to you through your employer. Activate your free membership by scanning the QR code or visiting [mavenclinic.com/join/bms](https://mavenclinic.com/join/bms)

