

My Checklist for Breastfeeding and Working

During pregnancy and your maternity leave

- Talk with my supervisor about my needs during my pregnancy (see “How to Talk with Your Supervisor”).
- Use “My Lactation and Work Plan” to decide with my supervisor the best options for time and space for nursing breaks.
- Learn all I can about breastfeeding during my pregnancy.
- Ask questions of my WIC peer counselor or lactation consultant.
- Breastfeed exclusively when I am home with my baby.
- Ask WIC about whether I will need a breast pump, and what kind will best meet my needs. Practice during the mornings or when I have the most milk.
- Find a Breastfeeding-Friendly childcare provider close to where I work.
- Talk with my family about how they can help me.
- Do a “trial run” to practice leaving my baby with the sitter and expressing milk during the day.
- Phone my supervisor while I am on maternity leave and confirm my lactation and work plan.
- Return to work proudly!
- Call my WIC peer counselor, lactation consultant, or another mom who has expressed milk at work to share experiences and get support.