

Steps to working and breastfeeding

1. Initial planning

- a. During pregnancy, begin preparing for breastfeeding and returning to work (see Benefits to Breastfeeding & Getting Started with Breastfeeding).
- b. Talk with your supervisor and manager about your plans in advance, so they have enough time to figure out how to satisfy your needs and theirs (see Approaching Your Supervisor & Employee Responsibilities).
- c. Refer your employer to tools found on this website under Employer if they need more information

2. Research

- a. Know your rights. Review Federal and State laws regarding breastfeeding and working (see Breastfeeding and Working Law & Five Key Laws for Parents).
- b. Ask your supervisor or Human Resource department if your worksite has a breastfeeding policy in place.
- c. Ask your supervisor to help you identify a space, other than a bathroom, that you can use to express milk when you return (see Finding Space for Breastfeeding at Work).
- d. Ask if your insurance provider covers any breastfeeding or maternity services or resources such as breast pumps, lactation consultants, pre/post natal classes etc (see Your Insurance Benefits).
- e. Find other moms who have continued breastfeeding when returning to work.
- f. Look into local and national resources for breastfeeding (see Resources).

3. Returning to work

- a. Talk to your supervisor about a schedule for break times in order to pump and fulfill your work duties (see Back at Work).
- b. Determine an appropriate place to store your milk (see Milk Expression and Storage).
- c. Follow the employee responsibilities guidelines (see Employee Responsibilities).