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
   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).