

Steps to working and breastfeeding at schools

1. Initial planning

- a. During pregnancy, begin preparing for breastfeeding and returning to work (see Benefits to Breastfeeding & Getting Started with Breastfeeding in Employee section).
- b. Talk with your principal/supervisor 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, & How to Talk to Others in Employee section).
- c. Refer your employer to tools found on this website if they need more information (see How to Make it Work at Your School).

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 Human Resource department or your principal if your worksite has a breastfeeding policy in place.
- c. Ask your principal 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 in Employee section).
- 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 in Employee section).
- e. Find other moms who have continued breastfeeding when returning to work.
- f. Look into local and national resources for breastfeeding (see Tips for Teachers & Resources).

3. Returning to work

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