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
   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).