

MY BREASTFEEDING AND WORKING PLAN

What is the maximum maternity leave I will be able to take _____

Who will care for my baby while I am at work _____

How I will gradually return to work _____

Place where I can express my milk at work _____

Times when I can realistically express milk at work

1. _____

2. _____

3. _____

4. _____

Type of breast pump I can use _____

Where I will store milk while at work _____

Where I will store milk I bring home from work _____

My plans for breastfeeding my baby before/during/after work _____

Things I will discuss with my supervisor _____

Who can help me with my questions and concerns?

1. _____ Phone _____

2. _____ Phone _____

3. _____ Phone _____