



My Returning to Work Checklist

During Pregnancy:

- Learn all I can about breastfeeding.
- Connect with coworkers who have pumped at work.
- Talk with my healthcare provider about my desire to breastfeed.
- Talk with my family about my plans to breastfeed.
- Talk with my supervisor about my intention to breastfeed. (See “My Lactation and Work Plan” with options for lactation accommodations to discuss with your supervisor.)
- Talk with my supervisor/manager about flexible options for returning to work gradually.
- Learn about childcare providers and the breastfeeding support they provide.

During My Leave:

- Breastfeed my baby exclusively.
- Get help with early questions and concerns.
- Practice expressing milk with a breast pump in the mornings, or when I have more milk.
- Select a childcare provider close to where I work.
- Talk with my family about how they can help me.
- Talk with a lactation support provider or WIC agency about the best breast pump options for my situation and a realistic pumping schedule.
- Stop by my workplace to allow my coworkers to meet my baby.

Week Before I Return to Work

- Do a “trial run” before returning to work to practice leaving my baby with the childcare provider and expressing milk. Adjust my plan if needed.
- Continue collecting milk I pump each day. Label each container with my child’s name, date, and time expressed.
- Begin introducing a bottle to my baby for small “practice” feedings.
- Contact my supervisor at work to confirm my lactation and work plan.

Back at Work:

- Return to work gradually, if possible, or start in the middle of the work week for a shorter first week back.
- Bring a sweater or jacket to leave at work in case of leaking.
- Contact my lactation support provider, WIC counselor, or another mom who has expressed milk at work to share experiences and get support.

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