

Pre-Maternity Leave Checklist for Pumping at Work

(Here's what to do BEFORE you go on maternity leave to make pumping at work easier.)

- Come up with a general plan for pumping that fits your work schedule
 - * In an 8 hour day, aim for 3 sessions that are 15 minutes each (total time 20-25 mins, including set up and clean up)
 - * In many jobs, like teaching or nursing, this can be challenging, so think about what you can manage in your circumstances

- Figure out where you'll be pumping
 - * Does your employer have a lactation room, or will they be setting up a space for you?
 - * Do you need to request access to the lactation room or the floor/area where it is located?

- Figure out where you'll store your breastmilk
 - * Does your office have a fridge you can use, or do you need to bring a cooler?

- Talk to your boss
 - * Briefly explain your plan and how you will manage balancing work with pumping
 - * Request anything you need (for example, a lock for your office door)