

BREASTFEEDING and Back to Work

**Talk with your
employer about work
schedule and breaks.**

**Check to see if
lactation rooms are
available at work.**

**Connect with
other mothers and
support groups.**

**Do you have a good
support system?**

Family, friends,
or community

**Research the breast
pump that will work
best for you.**

Manual, battery
powered, or electric

**Consider breastfeeding
your baby at the
childcare facility during
pick-up or right when
you get home.**

**Research childcare
options near your place of
employment.**

Can you breastfeed in a clean
and safe environment?

Will the facility feed your baby
expressed milk?

**Are you able to store
your breastmilk
properly at work?**

**Get ahead on
your breast milk
supply before
returning to work.**

**Write down your
breastfeeding
desires and goals.**

**Use reminders at
work.**

Outlook, post-it notes,
or alarms

