

## 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 \_\_\_\_\_

