

Use this Worksheet to help you prepare for returning to work:

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

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

3. How I will gradually return to work _____

4. Place where I can express my milk at work _____

5. Times I can realistically express milk at work _____

6. Type of breast pump I can use _____

7. Where I will store milk while at work _____

8. Where I will store milk I bring home from work _____

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

10. Things I will discuss with my supervisor _____

11. Who can help me with my questions and concerns?

_____ Phone _____

_____ Phone _____

_____ Phone _____