



Checklist #1 - Preparing to Return to Work - What I can do during pregnancy

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- I have discussed the maximum maternity leave I will take \_\_\_\_\_
- I have discussed options - flex time, Part time, Work from home \_\_\_\_\_
- I have arranged for childcare for my baby \_\_\_\_\_
- I have researched my rights in the workplace regarding pumping. \_\_\_\_\_
- I have discussed my pumping needs and know where the lactation room is \_\_\_\_\_
- I have a place to store my milk at work - or plan to bring a cooler \_\_\_\_\_
- I have met with other working and pumping moms. Either in the workplace or in my community. \_\_\_\_\_

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