



PREPARING FOR FAMILY LEAVE

Your HR Department may be the best place to start with the following questions:

Where is my lactation space at work? _____

If I have a question about my lactation space, with whom should I speak?

Name: _____

Contact Email: _____ Phone: _____

If I have a question about workplace flexibility, with whom should I speak?

Name: _____

Contact Email: _____ Phone: _____

Can I bring my child to work? Yes No

If yes, are any of the following accommodations provided?

Diaper changing station ____,

Ramps/elevators ____,

Stroller parking spaces ____,

High chairs / other resting devices ____,

Pack n play/playing areas ____,

Childcare services ____,

Other _____

Verify your company policies regarding:

- Childcare programs/affiliate centers or subsidies/flex spending information for childcare
- Coaching resources to identify, attain and maintain goals during this life transition
- College Savings Plans
- Maternity / Paternity / Partner Leave
- PTO
- Sick Days (for baby)

It can be difficult to navigate insurance policies – what is covered/not, in/out of network, etc. Your HR department may provide you with info. on the following, or call your insurance directly about:

- Lactation Consulting/Resources
- Mental Health Support
- Pediatric Health Care Coverage
- Physical Therapy (Prenatal/Postpartum)
- Postpartum Support

Need a pump? Call your insurance provider and ask the following:

1. Which types of pumps do you cover: _____

2. Do I need a prescription for my pump? Yes No

3. At what point during my pregnancy can you ship me the pump? _____

4. Where can I find a list of my in-network durable medical equipment providers?

You're all set! Call an in-network durable medical equipment provider and order your breast pump.

Resources that may inform your return to work:

Babygate

Work.Pump.Repeat