

Workplace Lactation Plan

This document is for your planning purposes only.

- My return to work date is planned for _____
- I have read the [Nursing Mothers in the Workplace policy \(30.029\)](#)
- I have identified the following [location](#) as my primary lactation space:
location is _____ . The lactation space coordinator for this location is _____ . Email _____
- I have identified the following [location](#) as my alternate lactation location:
Location _____ . The lactation space coordinator for this location is _____ . Email _____
- I anticipate pumping _____ times per workday.

As stated in the [Nursing Mothers in the Workplace policy \(30.029\)](#), the length of the break length must be dependent on the amount of travel time to/from the room to be used, 20-30 minutes. The number of breaks per day, one every 3-4 hours.

My plan for when I am away from my desk for lactation responsibilities will be (ie: I will forward all front desk calls to Jane during my lactation break):