Lactation and Returning to Work/School

Considerations:

- Maintaining lactation requires expressing milk as often as you would feed your infant if not separated.
- Paid lactation breaks are available for up to one year after childbirth or adoption. Check out HR5032 for more details.
- Time needed for each lactation break may fluctuate. When returning to work, it is not uncommon to need approximately 30-45 minutes per session.

Plan 4

- Work with your supervisor to establish mutually agreeable times that do not unduly disrupt normal University operations.
- Visit www.memphis.edu/lactation for more information.

Plan 4

TALK TO YOUR SUPERVISOR

Communicate your plans early so accommodations can be made.

LOCATE LACTATION
SPACES FOR PUMPING

Four pumping sessions per day is common, but you may need as few as two.

REACH OUT FOR SUPPORT

Contact the Lactation
Support Team at
lactation@memphis.edu.

ANTICIPATE CHALLENGES

Even with great planning, challenges are common.

Know when to get help.

Plan 4