



Breastfeeding/ Expressing Plan (back to work)

BABY'S FEEDING/ EXPRESSING TIMES

6am

7am

8am

9am

10am

11am

12nn

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

11pm

12pm

CHECKLIST / THINGS TO REMEMBER

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**TIMES WHEN BABY CAN BE
BROUGHT TO WORK FOR A
FEED:**

DO YOU HAVE:
SUFFICIENT MILK IN STOCK?
CLEAN/ STERILISED EQUIPMENT
READY?
STORAGE AND TRANSPORT
SORTED?

YOU can do this...