



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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-
-
-
-
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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...