Sample Pumping Schedules

*Note: These are examples only. Each woman’s needs and work schedule will be different. Talk with your supervisor to find a schedule for nursing breaks that will work best for you.*

**Typical day job**

- 7:15 a.m. .............. Drop baby off with child care provider; feed the baby one last time before leaving.
- 8:00 a.m. .............. Arrive at work.
- 10:00-10:20 a.m. ...... Break - express milk (eat a nutritious snack).
- 12:00-12:30 p.m. ...... Lunch break – express milk while eating.
- 2:30-2:50 p.m. ........ Break - express milk (eat a nutritious snack).
- 5:00 p.m. .............. End work.

Feed the baby at child care center before going home.

**Job with afternoon/evening shift (e.g. retail)**

- 7:00-7:20 p.m. ...... Break – express milk (eat a nutritious snack).
- 10:00 p.m. .............. End work.

Breastfeed baby at child care center before going home.

**Job with split shifts (e.g. restaurant)**

- 10:30 a.m. .............. Leave baby with child care provider; feed baby before leaving.
- 11:00 a.m. .............. Arrive at work.
- 2:00 p.m. .............. Leave work; feed baby at child care center before going home.
- 4:00 p.m. .............. Feed baby at home.
- 4:30 p.m. .............. Return to work.
- 7:00-7:20 p.m. ...... Break – express milk (eat a nutritious snack).
- 10:00 p.m. .............. End work

Breastfeed baby at child care center before going home.

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**Tip to Keep Milk Flowing**

Many mothers find that their milk flows easier when they are able to feel close to their baby while they are away.

- Bring something with your baby’s smell on it, such as a soft baby blanket or baby shirt.
- Record your baby’s noises on your phone or take a video.
- Look at photos of your baby (e.g. prints or photos on your phone).