

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)

Morning Feed baby at home.
12:30 p.m. Leave baby with child care provider; feed baby before leaving
1:00 p.m. Arrive at work.
3:00-3:20 p.m. Break – express milk (eat a nutritious snack).
6:00-6:30 p.m. Meal break – express milk while eating.
8:30-8:50 p.m. Break – express milk (eat a nutritious snack).
10:00 p.m. End work.
Breastfeed baby at child care 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.

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).