

# Sample Schedule for Expressing Breastmilk at Work

Make a plan for when you will need to express breastmilk at work. You will need to express milk at the times you would normally breastfeed your baby. It is common for a working mother to express her milk during 30-minute breaks\* about every 3 hours. As the baby gets older, the pumping sessions will probably decrease in number and length of time needed.

Here is an example of a schedule for a mother working between the hours of 8 a.m. and 5:30 p.m., allowing two 30 minute breaks for expressing breastmilk, and an hour lunch to eat and express breastmilk:

Time	Place
7:00 am before work	At home and/or childcare
Start work at 8:00 am	
10:00 am break	At Work
12:30 pm lunch	At Work
3:30 pm break	At Work
End work at 5:30 pm	
6:00 pm after work	At childcare or home
Evening and nighttime	At home



\* The time needed to express milk varies from mother to mother. Mothers who pump both breasts simultaneously normally need less time than mothers who pump one breast at a time.

Individualize your plan to meet your needs.



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