

Activities to research in the months before baby's arrival:



Find out about your maternity leave and pumping policies.

- Reach out to the human resources department to obtain specifics about your maternity leave and the policy regarding a break and private space for pumping breastmilk to make your return-to-work transition much more smooth.
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Research the right formula for you and your child.

- Choose which infant formula brand you can trust to provide clinically backed nutrition your baby needs.
 - A reputable infant formula brand should list the ingredients and their amounts, as well as the science behind how their products support baby's development.
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Research feeding resources.

- If you are enrolled in your state WIC[®] (Women, Infant and Children's) program, ask what feeding support resources they have available to pregnant and postpartum women.

