

Questions to Consider:

- **What was your goal for providing breast milk to your baby and why?**
- **What was your work environment like that helped you meet your goal (or kept you from meeting your goal)?**

You can include things like:

- **What type of work place did you work in while you had the need to express breast milk? What was your job?**
 - **How much time was allowed for you to express breast milk?**
 - **What was the actual time it took to express breast milk (from start to finish)?**
 - **Did you have a place for expressing breast milk that was near your work station?**
 - **Did you feel supported by co-workers and/or supervisors (in regards to your need to express breast milk)? Why or why not?**
-
- **If you weren't able to reach your breastfeeding goal, what would have helped you?**
-
- **What suggestions can you give for those employers who say there is no space for expressing breast milk in their work environment?**

