

**[insert date]**

Dear **[insert employer's name]**:

I am looking forward to returning to work following maternity leave and would like to make the transition as smooth as possible. I am submitting this letter to inform you of my ~~plan to continue breastfeeding~~ my baby when I return to work. Upon returning to work on **[insert date here]**, I will require regular breaks and a space to pump breastmilk. Pumping can often be worked into existing breaks, with few scheduling adjustments. According to the Human Right's Commission employers have a duty to accommodate breastfeeding mothers in the workplace, including a safe place to pump and store breastmilk, and regular breaks for pumping and sanitizing equipment. Pumping during work hours will ensure I can maintain my milk supply and feed my baby adequately.

The benefits of breastfeeding are many, including reduced illness for mother and baby, which in turn reduces workplace absenteeism. Breastmilk protects both mothers and children from many health risks. Thank you for your willingness to make these accommodations for me and other breastfeeding mothers. You are helping to protect the health of working mothers and their children.

Please respond with a written reply confirming your understanding of these requirements. I would be happy to discuss any accommodations and look forward to working with you to find the best solution.

Sincerely,

**[insert employee's name]**