

# PREGNANCY + MY JOB: A Roadmap

See our accompanying guide for more detailed information.


Your partner may also qualify for time off and pay.



**1 You're Pregnant!**  
Learn about your rights at [legalaidatwork.org](http://legalaidatwork.org). You may have the right to paid sick days and time off for prenatal care.





**2 Changes at Work**  
Talk to your doctor about your job. If you need changes at work, bring a doctor's note to your employer.



**3 Leave from Work**  
Tell your employer at least 30 days before you plan to start your leave.

**4 Pay During Leave**  
When your leave begins, apply for State Disability Insurance. After you recover, apply for 6 more weeks of Paid Family Leave. Contact EDD ([edd.ca.gov](http://edd.ca.gov)) to apply for both.

Disability leave can begin 4 weeks before your due date and lasts for 6 weeks after delivery (8 weeks for a c-section). Ask your employer if you qualify for 12 more weeks to bond.

**5 Lactation**  
Before your leave, ask your employer about your right to break time and a private space to pump at work.