

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. 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.



4 Pay During Leave
When your leave begins, apply for State Disability Insurance. After you recover, apply for 8 more weeks of Paid Family Leave. Contact EDD (edd.ca.gov) to apply for both.

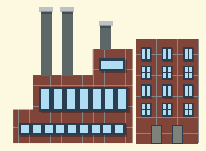


3 Leave from Work
Tell your employer at least 30 days before you plan to start your leave.



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.

LEGAL AID AT WORK

legalaidatwork.org/wf
800-880-8047 call for free confidential advice