PREGNANCY + MY JOB: A Roadmap

See our accompanying guide for more detailed information.

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.

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 8 more weeks of Paid Family Leave. Contact EDD (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.