

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 legalaidthatwork.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.



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.

3

5

Lactation

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

