



**Hello, and thanks for downloading The Pregnancy Pause toolkit. These tools will help you fill perceived “gaps” on your resume due to maternity leave.**

The toolkit includes various resume and cover letter templates, as well as suggested copy explaining and celebrating the time you took to bring a human being into the world. The templates have been formatted and pre-filled with The Pregnancy Pause’s job description: just plug in your work history, skills and personal information to update your resume!

If you’ll be using our LinkedIn resume fill, here’s a simple three-step process to update your profile:

1. **Add your new job as a “Mom” at “The Pregnancy Pause” to your LinkedIn profile under “Experience” for the duration of your maternity leave.**
2. **Explain your experience during maternity leave as it applies to you under “Description.”**
3. **Save your new job, updating your network on this exciting period in your career – and watch the congratulations roll in.**

If you found this helpful share it with your mom, your mom’s mom, your friend’s mom, friends who are moms, friends who are about to become moms, anyone with a mom and everyone who loves moms.