

Breastfeeding Tips for Work

Breast milk is the best option to nourish your baby for the first six months of life. It contains essential vitamins and nutrients, builds a strong immune system to fight diseases and aids in reducing the risk of obesity. However, working mothers may find it difficult to pump after they return to work because they lack the essential tools, space and support.¹

As a new mother, it is important to be aware of the laws that protect your rights to have time and a private place to pump during the work day. According to the Affordable Care Act, if the organization you work for has more than 50 employees, you are entitled to time to pump breast milk at work in a private, clean space that is not a bathroom.² It is important to talk to your employer while you are pregnant about their policy on breastfeeding at work so that you can be well informed before you begin your maternity leave.

Here are some steps you can take during your pregnancy and maternity leave so that your employer can set you up for success upon returning to work!²

- Talk to your employer about your needs during your pregnancy.
- Decide with your employer the best times and spaces for you to pump on breaks.
- While you're pregnant, learn all that you can about breastfeeding.
- Connect with a lactation consultant or WIC peer counselor for more information and assistance.
- Talk with your family about how they can help you.
- Count the number of times you breastfeed your baby at home and try to pump the same amount of times when you return to work.
- Call your employer while you are on maternity leave and confirm your plan for breastfeeding at work.
- Share experiences and get support from WIC peer counselors, lactation consultants or another mom who has pumped milk at work.⁴

Visit the websites in the Sources section below for more helpful information about breastfeeding in the workplace!

Sources

1. "Mealtime Memo for Child Care." *NFSMI*. May 2013, www.nfsmi.org.
2. "Breastfeeding at Work." *Tulane University*. www.womenshealth.tulane.edu.
3. "Breastfeeding in the Workplace." *Tulane University Mary Amelia Douglas-Whited Community Women's Health Education Center*. www.womenshealth.tulane.edu.
4. "Working, Pumping and Expressing Milk." *La Leche League International*. www.forums.llli.org.

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