

# BREASTFEEDING AT WORK



## IT'S THE LAW

Employers **MUST** support their breastfeeding employees at work. Under the law, **employers must give breastfeeding women:**

- ***Time to pump breastmilk at work***
- ***A private clean space that is not a bathroom***

This right is provided to hourly employees in the U.S. Patient Protection and Affordable Care Act. The law in Louisiana extends this right to public school teachers.

Don't be afraid to ask for support to continue breastfeeding when you return to work. It's your right! You can learn more about this law at:

**[www.dol.gov/whd/nursingmothers](http://www.dol.gov/whd/nursingmothers)**  
(U.S. Department of Labor)



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## HOW TO TALK TO YOUR EMPLOYER ABOUT BREASTFEEDING AT WORK

- *Don't be afraid to talk to your employer about breastfeeding. Most employers are happy to support you if they are aware of your needs.*
- *Share ideas for your workplace breastfeeding plan with your employer before you have the baby.*
- *Share the benefits of breastfeeding with your employer. Go to:*  
**<http://womenshealth.tulane.edu>**  
*for resources to share with your employer.*

# SOME TIPS FOR BREASTFEEDING AT WORK



## TIP #1

Count the number of times your baby usually breast-feeds throughout the day. This is the number of times you should try to pump when you return to work.

## TIP #2

Many mothers find that their milk flows easier when they are able to feel close to their baby while they are away.

- Bring something with the baby's smell on it, such as a blanket or a shirt
- Record your baby's noises on your phone
- Look at photos of your baby



## CHECKLIST FOR MOMS

### During Pregnancy and Your Maternity Leave

- Talk with my employer about my needs during my pregnancy
- Decide with my employer the best options for time and space for breaks to pump
- Learn all that I can about breastfeeding during my pregnancy
- Ask my WIC peer counselor or lactation consultant questions
- Breastfeed exclusively when I am home with my baby
- Ask my WIC peer counselor about the different kinds of breast pumps and practice pumping during the mornings or when I have the most milk
- Find a child care provider that supports breastfeeding close to where I work
- Talk with my family about how they can help me
- Do a "trial run" to practice leaving my baby with the sitter and pumping my milk during the day
- Call my employer while I am on maternity leave and confirm my plan for breastfeeding at work
- Return to work with pride!
- Call my WIC peer counselor, lactation consultant, La Leche League leader, or another mom who has pumped milk at work to share experiences and get support