

Get Help

La Leche League promotes breastfeeding through mother-to-mother support and education. Free telephone counseling is available 24 hours a day.

Call 1-800-LALECHE
www.la lecheleague.org

Women, Infant and Children (WIC) program targets low-income women, infants, and children up to age 5. Lactation consultants and pumps are available for moms who qualify.

Call 1-888-WICWORKS
www.cdph.ca.gov/Programs/WICworks

The National Women's Health Information Center has a Breastfeeding Helpline in both English and Spanish. Call 1-800-994-9662

www.womenshealth.gov/breastfeeding

California Department of Public Health offers helpful information and links on <http://cdph.ca.gov/Breastfeeding>

Click on “going back to work or school” section.

Working and Pumping

- www.pumpingmoms.org
- www.workandpump.com
- www.cdc.gov/nccdphp/dnpa/hwi/toolkits/lactation/index.htm

Find a Quality Breast Pump

Contact your local hospital, WIC, or Public Health Department to find where to buy or rent a good pump.

Make a plan with your employer
before your baby is born!



Example schedule for pumping milk

Breastfeed or pump before work	
10:00 am	Morning break
12:30 pm	Lunch
3:30 pm	Afternoon break
Breastfeed or pump after work	

Do you need help with your employer?

Call the California Workers' Information Hotline at 1-866-924-9757



WOMEN, WORK & Breastfeeding



Everybody Benefits!

A PART OF THE
CALIFORNIA 5 A DAY – BE ACTIVE!
WORKSITE PROGRAM

You already know that breastfeeding is better!

Babies who are breastfed get sick less often.

Babies who are breastfed have a lower risk for diabetes, obesity, and cancer later in life.

Mothers who breastfeed have a lower risk for breast and ovarian cancer.

Families of breastfed babies save money.

Families of breastfed babies miss fewer days of work.

Employers have lower healthcare costs.



But...

where will I pump at work?

- An empty office
- A women's lounge area
- A first aid room
- A dressing room
- A cubicle with a curtain
- An extra room that you can schedule to use in your building

Did you know...?

There is a California Law* that protects your right to pump breast milk while at work.

The law says that your employer **must** provide you with a clean space (not the bathroom) and break time to pump.

Plan to adjust your work breaks in order to pump your milk regularly.



How long should you breastfeed?

Doctors recommend that babies should be fed with breast-milk only – no formula – for the first six months of life.

Ideally, babies should receive breast-milk at least through the first year of life.

The longer you breastfeed your baby, the greater the benefits for both of you!

*Lactation Accommodation:

(Cal. Lab. Code §1030, 1031)

Every employer, including the state and any political subdivision, shall provide a reasonable amount of break time to accommodate an employee desiring to express breast milk for the employee's infant child. The break time shall, if possible, run concurrently with any break time already provided to the employee. Break time for an employee that does not run concurrently with the rest time authorized for the employee by the applicable wage order of the Industrial Welfare Commission shall be unpaid. The employer shall make reasonable efforts to provide the employee with the use of a room or other location, other than a toilet stall, in close proximity to the employee's work area, for the employee to express milk in private. The room or location may include the place where the employee normally works if it otherwise meets the requirements of this section.

Tips for breastfeeding after returning to work:

- Start by making a plan. Talk to your employer before your baby is born.
- Attend prenatal classes at your hospital, workplace, or WIC clinic.
- Get breastfeeding off to a good start by feeding your baby early and often.
- Take as many weeks off as you can. Ideally, take at least 6 weeks off.
- There are many different types of pumps on the market. If possible, buy or rent an electric double pump. These pumps reduce pumping time and helps increase your milk supply (as if you had twins).
- Begin pumping your milk a few weeks before returning to work and have someone else feed your baby the bottle.
- Be prepared to pump about three times per 8 hour shift, for 10 to 30 minutes, (depending on the type of pump you use).
- You can use a cooler or find a refrigerator or freezer to store the milk at work. Storage instructions come with pump.
- Continue to breastfeed when you are with your baby.
- Join a support group in your neighborhood or at work. (See "Get Help")

