

Helping Breastfeeding Moms



Follow these tips for navigating the workplace as a breastfeeding mother.



Know Your Rights

Federal law requires employers to provide reasonable break time for an employee to express breastmilk for up to one year after their child's birth.



Act Early

Learn more and act early to educate yourself and your employer.



Use Resources

Use online resources like the "Business Case for Breastfeeding" to help your employer understand the benefits of supporting breastfeeding mothers.



Make a Plan

Collaborate with your supervisor to establish a plan for pumping breaks *before* you even go on maternity leave.



Department of Labor

If needed, find more information on the Guidelines by the Department of Labor:

<https://www.dol.gov/agencies/whd/nursing-mothers>