

HELPING BREASTFEEDING MOMS

FOLLOW THESE TIPS FOR NAVIGATING THE WORKPLACE AS A BREASTFEEDING MOTHER.



KNOW YOUR RIGHTS

Know your rights: Federal law requires employers to provide reasonable break time for an employee to express their breastmilk for one year after the child's birth.



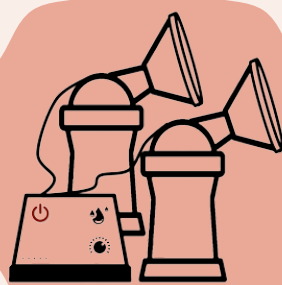
ACT EARLY

Act early to educate yourself and your employer.



USE RESOURCES

Use online resources like "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, you can find more information on the Guidelines by the Department of Labor here:

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

THERE ARE PLENTY OF WAYS TO PREPARE!

Find more at <https://www.soulfirehealth.app/>