Don’t forget!

Be your own advocate.
Talk with your employer before you return to work to see what support they can provide for you.

Be patient. It takes practice to find out what works best for you and your baby. Ask for help if you need it.

If you are offered a space at work but it doesn’t suit your needs, talk to your employer about it.

With little effort, you can be working and providing your baby with the best nutrition available: Mommy’s breastmilk.

Resources for help with breastfeeding

Contra Costa Breastfeeding Advice Line 1-866-878-7767

Contra Costa WIC Peer Breastfeeding Counselors 925-646-5200

La Leche League toll free help line 1-877-452-5324

lalecheleague.org

kellymom.org

Working and Breastfeeding: You CAN do it!
Is it possible to work and breastfeed?

The answer is YES!
As of 2002, the law requires that employers offer lactation support to their employees.

Lactating mothers should be provided with a private space that is not a restroom, and adequate break time for expressing milk.

Returning to work after having a baby may seem overwhelming, but asking for support from your employer will benefit you and your baby.

Tips before returning to work

1. **Take as much maternity leave as you can.** These early weeks are important for bonding.
2. **Breastfeed often in the first weeks.** This will help you establish a good milk supply. Supplementing with formula at this time may cause your body to make less milk.
3. **Ask your employer about a place to pump breast milk before you return to work.** If they don’t have one see if they can make an existing space private. You will only need to use it for about 20 to 40 minutes every 2 or 3 hours. Possible spaces could be someone’s office, a storeroom, a women’s lounge. You may need to have a locking door or a “do not enter” sign. A portable partition can be used, too. Think about where you will plug in your pump and wash your supplies.
4. **Begin to store breast milk one or two weeks before you return to work.**

What should you expect?

Managing breastfeeding and work takes practice.
Try to give yourself time to figure out what works best for you. Here are some tips from other working moms!

“Breastfeed as much as you can when you’re with your baby”

“My workplace didn’t have a lactation room so I asked my boss to help me find a place to pump privately. She put up blinds in her office and let me use it whenever I needed to”

“I talked with my employer about giving me additional breaks to pump milk, before I returned to work”