

RESOURCES FOR BREASTFEEDING IN THE WORKPLACE



DC BREASTFEEDING
COALITION

RESOURCES FOR EMPLOYERS

Information

Use the resources below to learn about laws protecting nursing mothers and how providing a breastfeeding-friendly workplace is good for business.

- [Business Case for Breastfeeding](#) (Office on Women's Health)--Program educating employers about supporting breastfeeding employees in the workplace
- [Break Time for Nursing Mothers](#)--Find posters, fact sheets, and a printable employees' rights cards that can be shared with employees
- [Investing in Workplace Breastfeeding Programs and Policies](#) (National Business Group on Health)--Toolkit for employers designing breastfeeding programs
- [Supporting Nursing Moms at Work: What Employers Need to Know](#) (Office on Women's Health)--Information about employer requirements under the Fair Labor Standards Act
- [Workplace Accommodations to Support and Protect Breastfeeding](#) (US Breastfeeding Committee)--Argument for the importance of breastfeeding in the workplace and overview of relevant legislation
- [Protection for Breastfeeding Mothers and Sex-based Discrimination under the DC Human Rights Act](#) (Office of Human Rights) - Guidelines about protections for nursing mothers and
- [Workplace Breastfeeding Support Toolkit](#) (District of Columbia Breastfeeding Coalition and DC Health WIC program)--Toolkit for employers in the District of Columbia [[COMING SOON to www.dcbfc.org](#)]

Services

The resources listed below are examples of potential services that employers could provide to support breastfeeding employees.

- [Milk Stork](#)--Breast milk shipping service for moms who need to travel
- [Mamava](#)--Lactation pods for public spaces
- [Pacify](#)--Online network of maternal and pediatric experts
- [StorkPump](#)--Provides high quality breast pumps fully covered by insurance for new & expectant moms
- Consider offering onsite access to a lactation support professional or lactation support group such as La Leche League or Mocha Moms. Find other local resources in the DC Breastfeeding Coalition's Breastfeeding Resource Guide ([English](#)) ([Spanish](#)) ([Amharic](#))

RESOURCES FOR EMPLOYEES

Rights

The resources below provide information about the rights of breastfeeding employees and resources to help them exercise those rights in the workplace.

- [Break Time for Nursing Mothers](#)--Find posters, fact sheets, and a printable employees' rights card
- [First Shift Justice Project](#)--Organization that helps working parents assert and defend their rights
- [Protecting Pregnant Workers: Complaint Questionnaire](#) (DC Office of Human Rights)--File a complaint if you were denied reasonable workplace accommodations for limitations due to pregnancy or breastfeeding
- [Supporting Nursing Moms at Work: What Breastfeeding Employees Need to Know](#) (Office of Women's Health)--Information about breastfeeding employee rights and resources under the Fair Labor Standards Act
- [US Breastfeeding Committee Advocacy Opportunities](#)--USBC mobilizes action on legislative and policy opportunities that can help create a landscape of breastfeeding support across the United States. View and take action on current action opportunities and explore the current status of each bill in the legislative process below.

Breastfeeding Support and Resources

Use the resources below to locate educational information and support for breastfeeding employees.

- [Breastfeeding and Going Back to Work](#) (Office on Women's Health)--Answers to frequently asked questions about returning to work when breastfeeding
- [Breastfeeding Guidelines and Recommendations](#) (CDC)--Health guidelines for breastfeeding and pumping, including how to clean pump
- [DC Breastfeeding Coalition's Breastfeeding Resource Guide \(2021\)](#)--Find local lactation support resources and services
- [Parent Handouts](#) (Lactation Education Resources)--Informational handouts about a variety of topics related to breastfeeding
- [Working and Breastfeeding](#) (La Leche League)--Advice for pumping, storing milk, bottle feeding, and other concerns
- [WIC Breastfeeding Services](#) (DC WIC)--Description of health benefits of breastfeeding and links to additional resources
- hot line phone number



Image Source: United States Breastfeeding Committee