

Educating your co-workers:

- Share this pamphlet with your co-workers.
- Share the information about why breast milk is important for a baby.
 - How they benefit because you will be at work instead of home with a sick baby.
- Find other mothers who have pumped.
 - Ask for their help in timing breaks and finding a place to pump.

What to do if your employer does not meet the requirements of California's Lactation Accommodation Law?

- Meet with your employer, share this pamphlet, and ask them to help you.
- If you are not accommodated, then you can fill out claim forms:
 - For more information
 - <http://www.breastfeedingworks.org/self-advocacy>
 - For help
 - info@breastfeedla.org; (213) 596-5776

WIC will help you with breastfeeding information and support:

- Breastfeeding While Working and Going to School
- Pumping and Storing Breastmilk for Your Baby
- Breastfeeding Babies: Good for Childcare Centers
- A Day in the Life of a Working & Pumping Mom



Northeast Valley Health Corporation - WIC Program
Breastfeeding Task Force of Greater Los Angeles
This institution is an equal opportunity provider.

Working and Breastfeeding: It Can Work

Breastfeeding Is Important!

- Your milk is a precious gift.
- Breastfeeding is the best way to get back in touch with your baby.



Your Milk Never Loses Its Power

- As children get older, they touch more people and things that carry germs. Your milk helps your child stay healthy.
- The American Academy of Pediatrics recommends breastfeeding for at least one year.