

# GOING BACK TO WORK & MEETING YOUR BREASTFEEDING GOAL

## IT'S THE LAW!

### HOURLY WORKERS:

Get "reasonable break time" each time she has the need to pump for up to 1 year after birth.

### SALARIED WORKERS:

Arrange with your employer.

### YOU NEED:

- ✓ A private location that is not a bathroom (which may be a temporary space)
- ✓ An electric outlet & running water recommended but not required

## HOW OFTEN WILL I NEED TO PUMP?

You will need 2-3 pumping breaks during an 8 hour workday. Don't forget to add in the time it takes to store and clean your pump parts!

## RESOURCES

BreastfeedingResourceCenter.org  
www.womenhealth.gov  
www.nwlc.org

## HOW TO PREPARE

### WHILE YOU'RE PREGNANT

- ✓ Check with your HR department or employer about your benefits
- ✓ Tell your employer you plan to pump when you return
- ✓ Discuss what accommodations will be needed
- ✓ Insurance may cover a pump
- ✓ Talk to coworkers about your breastfeeding plan
- ✓ Think ahead about your work schedule and where you will fit in 2-3 pumping sessions
- ✓ Consider a short first week
- ✓ Seek help from a lactation consultant

### SUPPLIES YOU NEED

- ✓ Breast pump
- ✓ Cooler for the milk
- ✓ Storage containers



**Breastfeeding Resource Center**  
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215-886-2433

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215-639-6708